



UPDATED SCHEDULE (times could still change due to adjustments)

2025 Men's Competition Schedule

Thursday, January 23rd

Open training -- coaches must be present with athletes: 4:00 – 7:30 pm *Arena Podium area*

All Sessions are Traditional Capital Cup (Similar to Development Program Nationals) or WU/Complete & Open WU in OTC and Elite Sessions. All athletes will be issued competition numbers. Cross judging for all sessions except Open Team Cup.

Friday, January 24th

Session 1, All Level 6s & 7s	(104)
Open Stretch	8:00 am
Team Introductions	8:20 am
Warm up and begin competition	8:30 am
Awards	11:30 am

Session 2, All Level 8s	(78)
Open Stretch	12:10 p.m.
Team Introductions	12:35
Warm up and begin competition	12:45
Awards	3:45

Session 3, Open Team Cup	(12 Teams!)
Open Stretch	4:15
Open Events Warm Up	4:45
Opening Ceremonies	6:10
1 touch/Competition begins	6:25
OTC Team Awards	9:30



Saturday, January 25th

Session 4, All Level 9s (except 17+) (118)

Open Stretch	8:30 am
Team Introductions	8:50 am
Warm up and begin competition	9:00 am
Awards	12:15 pm

Session 5, Level 9 (17+) Level 10 (16&17 yrs) (118)

Open Stretch	12:45
Team Introductions	1:10
Warm up and begin competition	2:15
Awards	5:30

Session 6, Sr. Elites & Level 10 (18 &19 yrs) (58)

Gym Opens	5:40
Team Introductions	5:50
Open Warm up	6:00
1 touch/Competition begins	7:15
Awards	9:30

Saturday Night: Coaches/Judges Party at the Garden Cay Restaurant just adjacent to Lobby/Bar area of Moody Gardens Hotel

Sunday, January 26th

Session 7, All Level 3 (98)

Open Stretch	9:00 am
Team Introductions	9:20
Warm up and begin competition	9:30
Awards	12:00

Session 8, All Level 4 (118)

Open Stretch	12:30
Team Introductions	12:50
Warm up and begin competition	1:00
Awards	3:30

Session 9, All Level 5 (102)

Open Stretch	4:00
Team Introductions	4:20
Warm up and begin competition	4:30
Awards	7:00

Scores posted at: 2 web locations TBA