

2020 New Orleans Jazz Invitational Schedule

Thursday, February 6, 2020

Session 1: GIRLS Xcel Silver (10 y.o. and up) **Modified Capitol Cup Format**

9:30 AM Stretch; coaches meeting at 9:35 AM
9:50 AM Introduction of Teams
10:05 AM Warm Ups/Competition
11:45 AM Awards in separate area

Session 2: GIRLS Xcel Silver (9 y.o. and under) & Level 6 (9 y.o. & 13 y.o. and up) **Modified Capitol Cup Format**

12:00 PM Stretch; coaches meeting at 12:05 PM
12:20 PM Introduction of Teams
12:35 PM Warm Ups/Competition
2:45 PM Awards in separate area

Session 3: GIRLS Level 6 (10, 11 & 12 y.o.) **Modified Capitol Cup Format**

3:00 PM Stretch; coaches' meeting at 3:05 PM
3:20 PM Introduction of Teams
3:35 PM Warm Ups/Competition
6:45 PM Awards in separate area

Session 4: GIRLS Level 1, 2, 3 & Xcel Bronze **Modified Capitol Cup Format**

7:00 PM Stretch; coaches' meeting at 7:05 PM
7:20 PM Introduction of Teams
7:35 PM Warm Ups/Competition
9:00 PM Awards in separate area

Friday, February 7, 2020

Session 5: GIRLS Xcel Gold (Born on or AFTER 3/1/2008) **Modified Capitol Cup Format**

9:00 AM Stretch; coaches' meeting at 9:05 AM
9:20 AM Introduction of Teams
9:35 AM Warm Ups/Competition
12:45 PM Awards in separate area

Session 6: GIRLS Xcel Gold (Born on or BEFORE 2/28/2008) & Level 7 (Born on or BEFORE 4/30/2006) **Modified Capitol Cup Format**

1:00 PM **Stretch; coaches' meeting at 1:05 PM**
1:20 PM **Introduction of Teams**
1:35 PM **Warm Ups/Competition**
4:45 PM **Awards in separate area**

Session 7: GIRLS Level 7 (Born on or AFTER 5/1/2006) **Modified Capitol Cup Format**

5:00 PM **Stretch; coaches' meeting at 5:05 PM**
5:20 PM **Introduction of Teams**
5:35 PM **Warm Ups/Competition**
9:00 PM **Awards in separate area**

Saturday, February 8, 2020

Session 8: GIRLS Level 4 & 5 Modified Capitol Cup Format

9:00 AM *Stretch; coaches' meeting at 9:05 AM*
9:20 AM *Introduction of Teams*
9:35 AM *Warm Ups/Competition*
12:45 PM *Awards in separate area*

Session 9: GIRLS Level 9 Modified Capitol Cup Format

1:00 PM *Stretch/Bar Sets; coaches' meeting at 1:05 PM*
1:30 PM *Introduction of Teams*
1:45 PM *Warm Ups/Competition*
4:45 PM *Awards in separate area*

Session 10: GIRLS Level 10 Modified Capitol Cup Format

5:00 PM *Stretch/Bar Sets; coaches' meeting at 5:05 PM*
5:30 PM *Introduction of Teams*
5:45 PM *Warm Ups/Competition*
8:45 PM *Awards in separate area*

Sunday, February 9, 2020

Session 11: GIRLS Xcel Platinum (Born on or BEFORE 5/31/2008) Modified Capitol Cup Format

8:00 AM *Stretch/Bar Sets; coaches' meeting at 8:05 AM*
8:30 AM *Introduction of Teams*
8:45 AM *Warm Ups/Competition*
12:15 PM *Awards in separate area*

Session 11B: BOYS Level 6, JD, 7, 8, 9 & 10 Modified Capitol Cup Format

8:00 AM *Stretch; coaches' meeting at 8:05 AM*
8:30 AM *Introduction of Teams*
8:45 AM *Warm Ups/Competition*
12:30 PM *Awards in separate area*

Session 12: GIRLS Xcel Platinum (Born on or AFTER 6/1/2008), Xcel Diamond & Level 8 (Born on or BEFORE 4/30/2005) Modified Capitol Cup Format

12:30 PM *Stretch/Bar Sets; coaches' meeting at 12:35 PM*
1:00 PM *Introduction of Teams*
1:15 PM *Warm Ups/Competition*
3:45 PM *Awards in separate area*

Session 12B: BOYS Level 4 & 5 Modified Capitol Cup Format

12:30 PM *Stretch; coaches' meeting at 12:35 PM*
1:00 PM *Introduction of Teams*
1:15 PM *Warm Ups/Competition*
4:00 PM *Awards in separate area*

Session 13: GIRLS Level 8 (Born on or AFTER 5/1/2005) Modified Capitol Cup Format

4:00 PM *Stretch/Bar Sets; coaches' meeting at 4:05 PM*
4:30 PM *Introduction of Teams*

4:45 PM Warm Ups/Competition
7:45 PM Awards in separate area