

Time	Competitors	Music table:	Beam timer:	Event helpers	Timers Needed for level 6 and 7 sessions only-Capital Cup format	Out of bounds judge for floor Level 9 and 10. Coaches may do this. Unpaid position.
8:10-11:40 Black gym	L.9, Jr. A, B	Music table: Michaela Strnad	Beam timer: Lynne Bauer	1. V- _____ 2. UB –Tabby Hamilton 3. BB – awards person 4. FX – Ann Hogan		1. _____ 2. _____
9:10-12:00 Gold gym	L. 6, Jr. A, B, C	Music table: Erica Vitek	Beam timer: Alyson Rybka	Event helpers 1. UB - Kelia Kimbrough 2. FX- Paige Vitek 3. BB – Robin Heim 4. V – Angie Heim	Timers: 1. _____ 2. _____	
12:15-3:30 Black gym	L. 9, Sr. A, B	Music table: Rebecca Kressuk	Beam timer: Jenny Panasuk	Event helpers 1. V -Noelle W. 2. UB -Callie Panasuk 3. BB-Michaela S. 4. FX- McKenna Chapman		1. _____ 2. _____
12:30-3:30 Gold gym	L. 6, Jr. D, Sr. A, B	Music table: Ella Malecki	Beam timer: Alyson Rybka	Event helpers: 1. BB-Kelia Kimbrough 2. FX -Miranda Cavett 3. V-Meara Sullivan 4. UB-Sophie Malecki	Timers: 1. Kimberly Buck (Malecki) 2. Bella Hamilton	
4:00-7:15 Black gym	L.10	Music table: Jenny Panasuk	Beam timer: Daina Sika	Event helpers: 1. V -Jenna P. 2. UB –Skyler Bart 3. BB-Tia Sika 4. FX-Callie Panasuk		1. McKenna Chapman 2. _____
3:45-6:15 Gold gym	L. 6 Sr. C, D	Music table: Michaela S.	Beam timer: Erin Gokey (Brooklyn Gokey)	Event helpers: 1. BB -Grant Gokey 2. UB-Claire Vargas 3. V- Kelia Kimbrough 4. FX-Meredith Peters	Timers: 1. Morgan Peters 2. Kelly Peters	

Sunday, March 19

8:10-11:00 Black gym	L. 8 Jr. A, B	Music table: Awards person	Beam timer: Rebecca Koronkowski	Event helpers: 1. V -Andi Sullivan 2. UB-Emma Warr 3. BB- Allyssa Duermeier 4. FX – Jen Warr		
8:35-11:35 Gold gym	L. 7, Jr. C, D. Sr. A	Music table: Michaela Strnad	Beam timer: Bella Hamilton	Event helpers: 1. McKenna Chapman 2. UB-Meara Sullivan 3. BB – Skyler Bart 4. FX-Judy Duermeier	Timers: 1. Ann Kanelos 2. awards person	
11:30-2:15 Black gym	L.8 Jr. C, Sr. A	Music table: EZ	Beam timer: Michelle Schuermann	Event helpers: 1. V – Kelly Schuaer 2. UB- Kayla Schuermann 3. BB- Bella H. 4. FX-Ryanne S.		
12:20-2:45 Gold gym	L. 7 Sr. B, C, D	Music table: Mrs. Koronkowski	Beam timer: Rebecca Kor.	Event helpers: 1. V-Kailey Chapman 2. UB-Leah Olson 3. BB-Lisa Olson 4. FX-Julianna Ratkowski	Timers: 1. Michaela S. 2. 	
2:45-5:30 Black gym	L. 8 Sr. B, C	Music table: 	Beam timer: Stephanie James	Event helpers: 1. Sophia Stuebe 2. Jen Stuebe 3. Olivia Stuebe 4. 		
3:15-5:15 Gold gym	L. 7 Jr. A, B	Music table: 	Beam timer: JenMuehr	Event helpers: 1. V-Mady Muehr 2. UB-Bella Hamilton 3. BB-Julianna R. 4. FX-Meara Sullivan	Timers: 1. Michaela S. 2. Tabby Hamilton	