



**2020 KPAC Cup HOPES/Elite
National Qualifier and
Invitational Schedule
March 12th-15th
Pink Gym**



**Thursday, March 12th
Pink Gym**

Session 1A

Elite/HOPES Optional Qualifier

(See Session Assignments)

1:00-1:20	Open stretch
1:20-2:35.	Event warmup
2:35-2:40	March in
2:40-5:10	Competition

Session 2A

Elite/HOPES Optional Qualifier

(See Session Assignments)

5:30-5:50	Open stretch
5:50-7:05	Event Warmup
7:05-7:10	March in
7:10-9:40	Competition



USA GYMNASTICS.
Sanctioned Event

**Friday, March 13th
Pink Gym**

Session 3A

Elite/HOPES Optional Qualifier

(See Session Assignments)

9:00-9:20	Open stretch
9:20-10:35	Event warmup
10:35-10:40	March in
10:40-1:10	Competition

Session 4A

Elite/HOPES Optional Qualifier

(See Session Assignments)

1:30-1:50	Open stretch
1:50-3:05	Event warmup
3:05-3:10	March in
3:10-5:30	Competition

Session 5A

Compulsory Elite

(See Session Assignments)

5:45-6:05	Open Stretch
6:05-6:10	March in
6:10-9:30	Competition

Saturday, March 14th

Session 1 Level 8

8:00-8:20 Open stretch
8:20-8:30 March in
8:30-11:10 Competition

Session 2 Level 8

11:30-11:50 Open stretch
11:50-12:00 March in
12:00-2:40 Competition

Session 3 Levels 8 and Excel Diamond

3:00-3:20 Open stretch
3:20-3:30 March in
3:30-5:30 Competition

Session 4 Excel Platinum

5:50-6:10 Open stretch
6:10-6:20 March in
6:20-8:40 Competition

Sunday, March 15th

Session 5 Level 6

8:00-8:20 Open stretch
8:20-8:30 March in
8:30-11:20 Competition

Session 6 Level 6

11:35-11:55 Open stretch
11:55-12:05 March in
12:05-3:00 Competition

Session 7 Levels 7

3:15-3:35 Open stretch
3:35-3:45 March in
3:45-5:45 Competition



**2020 KPAC Cup HOPES/Elite
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Orange Gym**



Friday, March 13th

**Session 10
Excel Bronze**

10:00-10:20 Open Stretch
10:20-10:30 March in
10:30-12:15 Competition

**Session 20
Excel Silver and Levels 1, 2, 3**

12:30-12:50 Open Stretch
12:50-1:00 March in
1:00-3:10 Competition

**Session 30
Excel Silver**

3:30-3:50 Open Stretch
3:50-4:00 March in
4:00-6:00 Competition

Saturday, March 14th

**Session 40
Level 9**

9:00-9:20 Open Stretch
9:20-9:30 March in
9:30-12:10 Competition

**Session 50
Level 9 and Level 10**

12:30-12:50 Open Stretch
12:50-1:00 March in
1:00-3:45 Competition

**Session 60
Level 10**

4:05-4:25 Open Stretch
4:25-4:35 March in
4:35-7:10 Competition

Sunday, March 15th

Session 70 Xcel Gold and Levels 4-5

8:00-8:20 Open Stretch
8:20-8:30 March in
8:30-11:10 Competition

Session 80 Xcel Gold

11:30-11:50 Open Stretch
11:50-12:00 March in
12:00-2:30 Competition

Session 90 Level 7

2:50-3:10 Open Stretch
3:10-3:20 March in
3:20-6:20 Competition



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