



2024 Session Times

All sessions will be Non-Traditional (Modified Capital Cup format)

Friday, January 12, 2024

Session 1: USA Levels 2, Bronze & Silver ages 9 and younger (age as of State)

Open Gym 8:00AM Team Introductions 8:15AM

Session 2: USA Levels 3 & Silver ages 10 and older (age as of State)

Open Gym 11:15AM Team Introductions 11:30AM

Session 3: USA Levels 8, 9, & 10

Open Gym 2:30PM Team Introductions 2:45PM

Session 4: USA Levels 6, 7 & Diamond

Open Gym 6:30PM Team introductions 6:45PM

Saturday, January 13, 2024

Session 5: USA Level 4, 5, Gold & Platinum

Open Gym 8:00AM Team Introductions 8:15AM

Session 6: AAU Levels 6, 7, 8, & Platinum

Open Gym 11:30AM Team Introductions 11:45AM

Session 7: AAU Diamond & Gold ages 11 and younger (age as of 5/31/24)

Open Gym 3:00PM Team Introductions 3:15PM

Session 8: AAU Gold ages 12 and older (age as of 5/31/24)

Open Gym 6:15PM Team Introductions 6:30PM

Sunday, January 14, 2024

Session 9: AAU Bronze

Open Gym 8:00AM Team Introductions 8:15AM

Session 10: AAU Levels 1, 2 & Copper

Open Gym 11:30AM Team Introductions 11:45AM

Session 11: AAU Silver ages 7, 10 and older

Open Gym 2:30PM Team Introductions 2:45PM

Session 12: AAU Levels 3 & Silver ages 6, 8 and 9

Open Gym 5:45PM Team Introductions 6:00PM