

2009 Hawaiian Pineapple Classic Schedule

Friday, December 18th

Session 1 Men

Level 10	(Capitol Cup)
3:30 PM	Doors Open
3:30 – 4:00	Open Stretch
4:00 – 4:15	Timed Warm-up
4:15	Clear Floor
4:20 – 8:30	Competition

Saturday, December 19th

Session 2 Men

Level 6	(Capitol Cup)
7:45 AM	Doors Open
8:00 – 8:20	Open Stretch
8:15 – 8:30	Timed Warm-up
8:30	Clear Floor
8:40 – 12:30	Competition

Saturday, December 19th

Session 3 Men

Level 7 & 5(10+)	(Capitol Cup)
1:00 PM	Doors Open
1:00 – 1:30	Open Stretch
1:30 – 1:45	Timed Warm-ups
1:45	Clear Floor
1:50 – 5:00	Competition

Saturday, December 19th

Session 4 Men

Level 8 & 9	(Capitol Cup)
5:30 PM	Doors Open
5:30 – 6:00	Open Stretch
6:00 – 6:15	Timed Warm-ups
6:15	Clear Floor
6:20 – 9:00	Competition

Sunday, December 20th

Session 5 Men

Level 4	(Capitol Cup)
8:00 AM	Doors Open
8:00 – 8:30	Open Stretch
8:30 – 8:45	Timed Warm-up
8:45	Clear Floor
8:50 – 12:30	Competition

Sunday, December 20th

Session 6 Men

Level 5 (7-9)	(Capitol Cup)
1:00 PM	Doors Open
1:15 – 1:45	Open Stretch
1:30 – 1:45	Timed Warm-up
1:45	Clear Floor
1:50 – 5:00	Competition