



**January, 21 - 23, 2022**  
**Meet Location: Indiana Convention Center**  
**100 South Capitol Avenue, Indianapolis, IN 46255**  
**Capital Cup Format      Gym E**

**Final COS 2022 Men's Session Information**

<b>Gym</b>	<b>Date</b>	<b>Level</b>	<b>Check-In</b>	<b>First Warm Up</b>
E	Friday, Jan. 21, 2022	Level 5	5:00 p.m.	5:20 p.m.
E	Saturday, Jan. 22, 2022	Levels 6 & 8	8:00 a.m.	8:20 a.m.
E	Saturday, Jan. 22, 2022	Levels 7 & 9	12:15 p.m.	12:35 p.m.
E	Saturday, Jan. 22, 2022	Level 10	4:45 p.m.	5:05 p.m.
E	Sunday, Jan. 23, 2022	Levels 3 & 4	8:00 a.m.	8:20 a.m.
<b>Gymnastics Clubs competing at 8:00 a.m. on Sunday, Jan. 23, 2022</b> All American, Bay Valley, Champion, Empowered, Gymnastiks Unlimited, Gym World, Hocking Valley International Gym, IGTC, I-Power, Lakeshore, Morgan Park, Power In Motion, Royalty, Saluki, TGAC Twisters				
E	Sunday, Jan. 23, 2022	Level 3	11:30 a.m.	11:50 a.m.
<b>Gymnastics Clubs competing at 11:30 a.m. on Sunday, Jan. 23, 2022</b> Agility, DeVeau's, GTCO, Gym Kinetics, Gymtek, IGC, Integrity, Interactive, MAG, QCG, SGA, WCGC				
E	Sunday, Jan. 23, 2022	Level 4	3:00 p.m.	3:20 p.m.
<b>Gymnastics Clubs competing at 3:00 p.m. on Sunday, Jan. 23, 2022</b> Agility, CGA, DeVeau's, GTCO, Gym Michiana, Gym Kinetics, Gymtek, IGC, Integrity, Interactive, MAG, QCG, SGA, SIGS, WCGC				