

Next Level



Podium 2025

Schedule of Events

SATURDAY

MODIFIED CAPITAL CUP

Session #3

Level 9

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:55 AM
AWARDS	11:55 AM

Session #4

Level 10

CHECK IN/ GENERAL STRETCH	1:00 PM
INTRODUCTIONS	1:20 PM
TIMED WARM UP	1:30 PM
COMPETITION BEGINS	1:45 PM
AWARDS	3:45 PM

Session #5

College Showcase Competition

Illinois State University/George Washington University/
Western Michigan University/University of Pittsburgh

DOORS OPEN	5:30 PM
COMPETITION BEGINS	7:00 PM