



**SATURDAY, NOVEMBER 20, 2021**

**SESSION 1: XCEL BRONZE**

Registration: 7:45 am  
 Open Stretch: 8:00 am  
 March-in: 8:30 am  
 Competition: 8:40 am – 10:40 am  
 Awards: 11:00 am

Dynamic Flights (6)	No Boundaries (16) *
Flyaways (20) *	Northern Twisters (6)
Flyaways North (12) *	Rising Stars (9)
Granite City (6)	

**SESSION 2: XCEL SILVER**

Registration: 10:30 am  
 Open Stretch: 10:45 am  
 March-in: 11:20 am  
 Competition: 11:30 am - 2:00 pm  
 Awards: 2:15 pm

Flyaways (19) *	No Boundaries (16) *
Gleasons (18) *	Rising Stars (20) *

**SESSION 3: XCEL SILVER**

Registration: 1:45 pm  
 Open Stretch: 2:00 pm  
 March-in: 2:35 pm  
 Competition: 2:45 pm - 5:00 pm  
 Awards: 5:15 pm

Flips (19) *	Granite City (7)
Flyaways North (17) *	Tags EP (17) *

**SESSION 4: XCEL SILVER, GOLD PLATINUM, DIAMOND**

Registration: 5:00 pm  
 Open Stretch: 5:15 pm  
 March-in: 5:50 pm  
 Competition: 6:00 pm - 9:00 pm  
 Awards: 9:15 pm

**SILVER**  
 Dynamics (11) \* Northern Twisters (12) \*  
 Dynamic Flights (11) \*

**GOLD**  
 Flyaways North (9) \* Granite City (6)

**PLATINUM & DIAMOND**  
 Flyaways North (5 + 1) Granite City (8)

**SUNDAY, NOVEMBER 21, 2021**

**SESSION 5: LEVEL 4**

Registration: 7:45 am  
 Open Stretch: 8:00 am  
 March-in: 8:35 am  
 Competition: 8:45 am – 12:00 pm  
 Awards: 12:15 pm

Classic West (10)	No Boundaries (4)
Flips (22) *	Tags EP (10)
Flyaways (11)	TCT (13)
Gleasons (9)	

**SESSION 6: LEVELS 3 & 5**

Registration: 12:15 pm  
 Open Stretch: 12:30 pm  
 March-in: 1:05 pm  
 Competition: 1:15 pm - 4:15 pm  
 Awards: 4:30 pm

**LEVEL 3**  
 Flyaways (18) \* Roseville (9)  
 Gleasons (4)

**LEVEL 5**  
 Classic West (3) Tags EP (10)  
 Dynamics (5) TCT (27) \*  
 No Boundaries (3)

**SESSION 7: LEVEL 3**

Registration: 5:00 pm  
 Open Stretch: 5:15 pm  
 March-in: 5:50 pm  
 Competition: 6:00 pm - 8:00 pm  
 Awards: 8:15 pm

Classic West (13) *	No Boundaries (13) *
Dynamics (8)	TCT (13) *
Flips (12) *	

**Meet Site:** Roseville Area High School  
 1240 W. County Road B-2, Roseville

**Admissions:** Adults: \$15 Children & Seniors \$10

**Traditional Capital Cup Format**

\*\* Warm-ups- Upper Gym, Competition- Lower Gym  
 \*\* Teams will be split, be prepared with enough coaches

**Masks are required for spectators, coaches and volunteers. Athletes must wear a mask except while competing or warming up.**