

**MAKE-A-WISH®**  
**Greater Virginia**

**Invitational Session Times**

February 24th and 25th 2018

Colonial Forge High School

550 Courthouse Road, Stafford, VA 22554

Modified Capital Cup Format

**Session #1 Xcel Silver**

**Saturday, February 24, 2018**

**7:30 AM– Gymnast Check-In**

**8:00 AM– Open Stretch**

**10:30 AM– Awards**

Gyms competing:

Royals, New Kent, Middlesex, VIGS,  
Williamsburg, North Mountain, Above the Bar,  
WISC, \*River City, Twisters and Apollo

\* Requires 2 Coaches

**Session #2 Level 4**

**Saturday, February 24, 2018**

**10:05 AM– Gymnast Check-In**

**10:35 AM– Open Stretch**

**1:00 PM– Awards**

Gyms competing:

Royals, Fairfax, \*WISC, Middlesex,  
Williamsburg, Flipateers, \*Aerials, Above the  
Bar, Majik Saints and New Kent

\*Requires 2 Coaches

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**Session #3 Level 5 and Xcel Gold**

Saturday, February 24, 2018  
12:30 PM– Gymnast Check-In  
1:00 PM– Open Stretch  
3:45 PM– Awards

Gyms competing:

Royals, \*Aerials, Majik Saints, Williamsburg, Flipateers, \*WISC, Apollo, River City, VIGS, New Kent, \*Above the Bar, APEX, North Mountain and Twisters

\*Requires 2 Coaches

**Session #4 Level 7, 8, 9, 10 and Xcel Diamond**

Saturday, February 24, 2018  
3:25 PM– Gymnast Check-In  
3:55 PM– Open Stretch  
7:05 PM– Awards

Gyms competing:

\*\*Royals, \*Fairfax, New Kent, Flipateers, WISC, Williamsburg, APEX, North Mountain and Rebounders

\*Requires 2 Coaches

\*\* Requires 3 Coaches

**Session #5 Xcel Bronze**

Sunday, February 25, 2018  
7:30 AM– Gymnast Check-In  
8:00 AM– Open Stretch  
10:25 AM– Awards

Gyms competing:

Royals, \*New Kent, WISC, Apollo, North Mountain, Williamsburg, \*River City, Middlesex, and Above the Bar

\*Requires 2 Coaches

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**Session #6 Level 3**

**Sunday, February 25, 2018**  
**10:00 AM– Gymnast Check-In**  
**10:30 AM– Open Stretch**  
**12:30 PM– Awards**

Gyms competing:  
**\*\*Aerials, \*APEX, Above the bar, Williamsburg  
and Majik Saints**  
**\*Requires 2 Coaches**  
**\*\*Requires 3 Coaches**

**Session #7 Level 3**  
**Level 3 Team Award**

**Sunday, February 25, 2018**  
**12:05 PM– Gymnast Check-In**  
**12:35 PM– Open Stretch**  
**2:20 PM– Awards**

Gyms competing:  
**Royals, \*WISC, Fairfax, New Kent, River City,  
and Flipateers**  
**\*Requires 2 Coaches**

**Session #8 Level 6 and Xcel Platinum**

**Sunday, February 25, 2018**  
**2:00 PM– Gymnast Check-In**  
**2:30 PM– Open Stretch**  
**6:25 PM– Awards**

Gyms competing:  
**\*Royals, Rebounders, \*Williamsburg, Above the  
Bar, Majik Saints, Flipateers, Aerials, Twisters,  
\*WISC, Fairfax, APEX, VIGS, North Mountain  
and New Kent**  
**\*Requires 2 Coaches**