



Invitational Session Times

February 25th and 26th 2017

63 Stafford Indians Lane, Fredericksburg, VA 22405

Modified Capital Cup Format

Session 1 (Xcel Bronze) - 86 gymnasts

Saturday, February 25, 2017

7:30 AM– Gymnast Check-in

8:00 AM– Open Stretch

11:15 AM– Awards

Gyms competing:

Royals, *New Kent, *WISC, All American, Dynamic, Woods, Apollo, North Mountain and Richmond Twisters

*** Requires 2 coaches**

Session 2 (Xcel Silver) - 93 gymnasts

Saturday, February 25, 2017

10:45 AM– Gymnast Check-in

11:15 AM– Open Stretch

2:20 PM Awards

Gyms competing:

Royals, *WISC, *All American, North Mountain, Youth Sports, Head Over Heels, Twisters, New Kent and Dynamic

*** Requires 2 coaches**



Session 3 (Level 4) - 75 gymnasts

Saturday, February 25, 2017

2 PM– Gymnast Check-in

2:25 PM– Open Stretch

5:45 PM- Awards

Gyms competing:

*Royals, *WISC, Flipateers,
Dynamic, *Aerials, New Kent,
Majik Saints and Youth Sports

*** Requires 2 coaches**

Session 4 (Level 3) - 91 gymnasts

Saturday, February 25, 2017

5:30 PM- Gymnast Check-in

5:50 PM- Open Stretch

9 PM- Awards

Gyms competing:

*Royals, *Majik Saints, New
Kent, Dynamic, *WISC, Youth
Sports, Flipateers and *Aerials

*** Requires 2 coaches**



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Greater Virginia

Session 5 (Xcel Gold) - 78 gymnasts

Sunday, February 26, 2017

7:30 AM- Gymnast Check-in

8 AM- Open Stretch

11:50 AM- Awards

Gyms competing:

Royals, New Kent, Apollo,
Dynamic, Head Over Heels, *All
American, WISC, Twisters and
North Mountain

***Requires 3 coaches**

Session 6 (Level 5 and 6) - 68 gymnasts

Sunday, February 26, 2017

11:30 AM- Gymnast Check-in

12 PM- Open Stretch

3:40 PM- Awards

Gyms competing:

Royals, WISC, *Aerials, Dynamic,
Williamsburg, New Kent, Flipateers,
All American, Youth Sports and
Majik Saints

*** Requires 2 coaches**

Session 7 (Levels 7,8,9,10, Xcel Platinum and Xcel Diamond) - 61 gymnasts

Sunday, February 26, 2017

3 PM- Gymnast Check-in

3:40 PM- Open Stretch

7 PM- Awards

Gyms competing:

*Royals, Unique, *Youth Sports, All
American, North Mountain, *WISC,
New Kent, Flipateers and
Williamsburg

*** Requires 2 coaches**

WISC and All American need 3 coaches