



Greater Virginia

2019 Admission Fees:

Adults.....	\$10.00
Seniors.....	\$5.00
Ages 11 and Under.....	Free



Meet Site:

Colonial Forge High School
550 Courthouse Road
Stafford, VA 22554

MAKE-A-WISH®
Greater Virginia

Invitational Session Times

February 22nd, 23rd and 24th, 2019

Colonial Forge High School

550 Courthouse Road, Stafford, VA 22554

Modified Capital Cup Format

Session #1 Xcel Platinum and Diamond= 74 gymnasts

Friday, February 22, 2019

4:30 PM– Gymnast Check-In

5:00 PM– Open Stretch

9PM– Awards

Gyms competing:

Chantilly, *Rebounders, Dynamic, WISC, Royals,
North Mountain, Woods, Hurricane and
Williamsburg

*Requires 2 coaches

Session #2 Xcel Silver= 79 gymnasts

Saturday, February 23, 2019

7:30 AM– Gymnast Check-In

8:00 AM– Open Stretch

11:15 AM– Awards

Gyms competing:

*Royals, Williamsburg, Dreams, WISC, *New
Kent, Dynamic and North Mountain

*Requires 2 coaches

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Session #3 Xcel Silver and Gold= 89 gymnasts
Xcel Silver Team Award

Saturday, February 23, 2019
10:50 AM– Gymnast Check-In
11:20 AM– Open Stretch
3:00 PM– Awards

Gyms competing:

Xcel Silver– Shenandoah, *Woods, Apollo, *Chantilly
and *Hurricane
Xcel Gold- Royals, *Hurricane, North Mountain, WISC,
*Chantilly, Dreams, Dynamic, Williamsburg, New Kent
and *Woods

*Requires 2 coaches

Session #4 Level 5= 48 gymnasts

Saturday, February 23, 2019
2:35 PM– Gymnast Check-In
3:05 PM– Open Stretch
5:45 PM– Awards

Gyms competing:

Dynamic, WISC, Hurricane, Woods,
Shenandoah, New Kent and *Aerials

*Requires 2 coaches

Session #5 Level 7, 8, 9, 10= 57 gymnasts

Saturday, February 23, 2019
5:20 PM– Gymnast Check-In
5:50 PM– Open Stretch
9 PM– Awards

Gyms competing:

*Royals, *New Kent, WISC, Shenandoah,
Williamsburg, Dreams, Woods and Hurricane

*Requires 2 Coaches

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Session #6 Xcel Bronze= 96 gymnasts

Sunday, February 24, 2019
7:30 AM– Gymnast Check-In
8:00 AM– Open Stretch
10:35 AM- Awards

Gyms competing:

*Royals, North Mountain, *Dynamic, Woods,
*WISC, Shenandoah, *Williamsburg and *New
Kent

*Requires 2 coaches

Session #7 Xcel Bronze and Level 3= 90 gymnasts
Xcel Bronze Team Award

Sunday, February 24, 2019
10:10 AM– Gymnast Check-In
10:40 AM– Open Stretch
1:55 PM– Awards

Gyms competing:

Xcel Bronze– Dreams, *Hurricane, Chantilly and
*Apollo

Level 3- *Gymstrada, Woods, New Kent,
Shenandoah, Dynamic, WISC, *Williamsburg,
Flipateers and *Hurricane

*Requires 2 Coaches

Session #8 Level 4= 84 gymnasts

Sunday, February 24, 2019
1:30 PM– Gymnast Check-In
2 PM– Open Stretch
6:10 PM– Awards

Gyms competing:

Gymstrada, Royals, Williamsburg, Dynamic,
New Kent, Shenandoah, Woods, WISC,
Hurricane and Dreams



Session #9 Level 6= 50 gymnasts

Sunday, February 24, 2019
5:45 PM– Gymnast Check-In
6:15 PM– Open Stretch
9PM- Awards

Gyms competing:

Royals, Shenandoah, Woods, WISC,
*Rebounders, Hurricane and Williamsburg

*Requires 2 coaches