

2019 Gasparilla Classic St. Petersburg, Florida Men's Competition Schedule

Friday, February 22, 2019

| Session FR1 - Capitol Cup Format <i>USAG Level 4</i> | | Session FR2 - Capitol Cup Format <i>USAG Level 5</i> | |
|---|-----------------|---|----------------|
| ACE, Amplitude, Boundless Gymnastics, Bright Raven, EGA Florida, FGTC, Gallagher's, Gymnastics Du Sol, International Bogota, Nishida's, North Florida - Jax, Nova Fla, Oldsmar, Park Avenue, South Florida, South Miami, Sun Country, Ultimate Gymnastics, United Gymstars, Universal Gym Academ, World Class | | ACE, Amplitude, Bright Raven, Dudziak's, EGA Florida, FGTC, Flips Gymnastic - IL, Gallagher's, Gymnastics Du Sol, North Florida - Jax, North Florida - OP, North Metro, Nova Fla, Oldsmar, Park Avenue, South Florida, South Miami, Southern Starz, Sun Country, United Gymstars, Universal Gym Academ, World Class | |
| General Stretch | 11:00 AM | General Stretch | 2:00 PM |
| Introductions and March In | 11:20 AM | Introductions and March In | 2:20 PM |
| Competition | 11:25 AM | Competition | 2:25 PM |
| Individual and Team Awards to follow. | | Individual and Team Awards to follow. | |

| Session FR3 - Capitol Cup Format <i>USAG Level 6</i> | |
|--|----------------|
| ACE, Amplitude, Bright Raven, Champion - KY, Chelsea Piers, Crystal Lake, FGTC, Gallagher's, Gymnastics Du Sol, Mercury Gymnastics, North Florida - OP, Nova Fla, Oldsmar, Park Avenue, Premier Athletics, Sun Country, Universal Gym Academ | |
| General Stretch | 5:30 PM |
| Introductions and March In | 5:50 PM |
| Competition | 5:55 PM |
| Individual and Team Awards to follow. | |

Saturday, February 23, 2019

| Session SA1 - Capitol Cup Format <i>USAG Junior Developmental</i> | | Session SA2 - Capitol Cup Format <i>USAG Level 7 & 8</i> | |
|---|----------------|---|-----------------|
| Bayside, Chelsea Piers, Golden State, Gym Force, Harbor City, Lake Murray, North Florida - Jax, North Florida - OP, Oldsmar, Park Avenue, Queen City, United Gymstars, Gym USA WG, Nova Fla | | All Star Gymn., Ace, Amplitude, Angel's Gymnastics, Apollo, Bermuda, Champion - KY, Chelsea Piers, Crystal Lake, Emeth Gymnastics, EVO Gymnastics, FGTC, Gallagher's, Gold Coast, Golden State, GTCO, Gym USA WG, Harbor City, Integrity, LaFleur's Tampa, Lake Murray, Mercury Gymnastics, Motions Unlimited, Nona Boys, North Florida - Jax, North Metro, Oldsmar, Orlando Gymnastics, Park Avenue, Premier Athletics, Queen City, South Florida, Sun Country, TNT - FL | |
| General Stretch | 8:00 AM | General Stretch | 10:15 AM |
| Introductions and March In | 8:20 AM | Introductions and March In | 10:35 AM |
| Competition | 8:25 AM | Competition | 10:40 AM |
| Individual and Team Awards to follow. | | Individual and Team Awards to follow. | |

| Session SA3 - Capitol Cup Format <i>USAG Level 9</i> | | Session SA4 - Capitol Cup Format <i>USAG Level 10 & Elite</i> | |
|---|----------------|---|----------------|
| ACE, Apollo Gymnastics, Champion - KY, Chelsea Piers, EVO Gymnastics, FGTC, Gallagher's, Golden State, GTCO, Gym Force, Gym USA WG, Gymnastics Etc., Integrity, Mercury Gymnastics, MGA Gymnastics, North Florida - Jax, North Florida - OP, Nova Fla, Park Avenue, Queen City, Sun Country | | All Star Gymn., Emeth Gymnastics, FGTC, Gallagher's, Gold Coast, GTCO, Gym Force, Gym USA WG, Harbor City, Integrity, LaFleur's Tampa, Lake Murray, Mercury Gymnastics, MGA Gymnastics, Nishida's, North Florida - Jax, North Florida - OP, North Metro, Park Avenue, Premier Athletics, Queen City, Sun Country, United Gymstars | |
| General Stretch | 3:00 PM | General Stretch | 6:00 PM |
| Introductions and March In | 3:20 PM | Introductions and March In | 6:20 PM |
| Competition | 3:25 PM | Competition | 6:25 PM |
| Individual and Team Awards to follow. | | Individual and Team Awards to follow. | |

Sunday, February 24, 2019

| Session SU1 - Capitol Cup Format <i>USAG Level 6</i> | | Session SU2 - Capitol Cup Format <i>USAG Level 5</i> | |
|--|----------------|--|-----------------|
| Angel's Gymnastics, Apollo Gymnastics, Bayside, EVO Gymnastics, Gold Coast, Gym Force, Gym USA WG, Gymnastics Etc., Harbor City, Integrity, LaFleur's Tampa, Lake Murray, Motions Unlimited, Naples Progressive, North Metro, Orlando Gymnastics, Universal Gymnastics | | Angel's Gymnastics, Apollo Gymnastics, Bayside, EVO Gymnastics, Gold Coast, Gym Force, Gym USA WG, Harbor City, MGA Gymnastics, Naples Progressive, Nona Boys, North Metro, Orlando Gymnastics, TNT - FL, Universal Gymnastics | |
| General Stretch | 8:00 AM | General Stretch | 10:30 AM |
| Introductions and March In | 8:20 AM | Introductions and March In | 10:50 AM |
| Competition | 8:25 AM | Competition | 10:55 AM |
| Individual and Team Awards to follow. | | Individual and Team Awards to follow. | |

| Session SU3 - Capitol Cup Format <i>USAG Level 4</i> | |
|---|----------------|
| Angel's Gymnastics, Apollo Gymnastics, Bayside, EVO Gymnastics, Gold Coast, Gym Force, Gym USA WG, Gymnastics Etc., Harbor City, International Bogota, LaFleur's Tampa, Lake Murray, MGA Gymnastics, Motions Unlimited, Naples Progressive, Orlando Gymnastics, Tift Gymnastics, TNT - FL, Universal Gymnastics | |
| General Stretch | 1:00 PM |
| Introductions and March In | 1:20 PM |
| Competition | 1:25 PM |
| Individual and Team Awards to follow. | |