

GYM A RED - Friday, February 22, 2019

Modified Capital Cup – Women Doors Open at 8:00am

Session A1

USA Women Level 6 Stretch/Warm-up 9:00am

Cabarrus County
Diamond Gymnastics
Dudziak
Dynamats
EVO Athletics
Flips North Shore
Gym Sport
Momentum Athletics
Nashua Gymnastics*
Queen City Gymnastics
Skyline Gymnastics
Swiss Turners
Universal Gym Academy*

Session A3

USA Women Level 6* Stretch/Warm-up 3:00pm

Alpharetta Gymnastics Academy
Atlantic Portsmouth
Bright Raven Gymnastics
Chantilly Academy
Gigueres
Gymnastics at Brentwood Commons
Oklahoma City Gymnastics
Orchard Park Gymsters
Tift Gymnastics Academy
TN Elite
US Gold Destin

Session A2

USA Women Level 7 Stretch/Warm-up 12:00pm

ACE Gymnastics – NY
Atlantic Portsmouth
Cabarrus County
Chantilly Academy
Diamond Gymnastics
Flips North Shore
Gymnastics at Brentwood Commons
Momentum Athletics
Morgan's Gymnastics
Ozark Mountain Gymnastics
Premier Athletics Knoxville
Prestige Gymnastics*
Rising Stars – Minnesota
Swiss Turners

Session A4

USA Women Level 7* Stretch/Warm-up 6:00pm

Bart Conner Gymnastics
Bermuda Gymnastics
Bright Raven Gymnastics
Dudziak's Gymnastics
Dynamats
EVO Athletics
McCracken's Gymnastics
Mercury Gymnastics
Nebraska Gold
New Hampshire Academy
Tift Gymnastics Academy
US Gold Destin



GYM A RED - Saturday, February 23, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session A5

USA Women Level 7 Stretch/Warm-up 8:00am

All Star Gymnastics
Alpha Gymnastics
Amplitude Gymnastics
Armory Athletics
Atlanta North Stars Gymnastics
Ft. Lauderdale Stars
Gym Force
Nishida's Gymnastics
Oklahoma City Gymnastics
Orchard Park Gymsters
Queen City Gymnastics
United Gymstars
Universal Gymnastics Miami
West Broward
World Class Gymnastics

Session A6

USA Women Xcel Gold Stretch/Warm-up 11:15am

Cats Gymnastics of Wellington
Denver School of Gymnastics
Dudziak's Gymnastics
Ft. Lauderdale Stars
Gymnastic World Naples
Gymnastics X-Calibur*
Park Avenue
Premier Gymnastics – FL
Sarasota Gymnastics Academy
Victory GTC
West Broward

Session A7

USA Women Level 8 Stretch/Warm-up 2:30pm

All Star Gymnastics Alpha Gymnastics **Armory Athletics** Atlanta North Stars Champion Gymnastics Ann Arbor Crystal Lake Gymnastics Ft. Lauderdale Stars Golden City Gymnastics **Gravity Gymnastics** North Port Gymnastics Premier Gymnastics – FL **Queen City Gymnastics** Rising Stars Gymnastics – FL **Suncoast Gymnastics** TNT Gymnastics Center **Tumbleweeds** Universal Gymnastics – Miami

West Broward

Session A8

USA Women Level 7 & Xcel Diamond Stretch/Warm-up 5:45pm

Level 7

Centro Italo Venezolano Champion Gymnastics Ann Arbor Crystal Lake Gymnastics **Emeth Gymnastics Excel Gymnastics** Gymnastics X-Calibur **Imagine Gymnastics** International Gymnastics Center Bogota Libertyville Gymnastics Academy **MEKS** North Metro Gymnastics Rising Stars Gymnastics - FL **Skyline Gymnastics** Top Gun* **Tumbleweeds** Ultimate Gymnastics Tulsa

Xcel Diamond*

Denver School of Gymnastics*
Gymnastics USA
International Gold Gymnastics
Ozark Mountain Gymnastics
Precision South Gymnastics
Rising Stars – FL
Sarasota Gym Academy
Top Gun

Stadium Parking Fee is \$20 per day – CREDIT CARD ONLY
Spectator Admission – CASH ONLY
Adults \$20 per day Children (5-17) \$15 per day
Security will check all bags – No outside food or drinks

Universidad Tencnia del Norte*



GYM A RED - Sunday, February 24, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session A9 USA Women Level 6* Stretch/Warm-up 8:00am

A2 Gym and Cheer
Amplitude Gymnastics*
Future Flipz
Genie's Gymnastics
Golden City Gymnastics
Gymnastic World Naples
McCracken's Gymnastics
North Florida OP
North Metro Gymnastics
Premier Gymnastics – FL
Rad Gymnastics
Sunny Gymnastics

Session A10* USA Women Level 7 Stretch/Warm-up 11:15am

Bay City Gymnastics Dinamo Gymnastics **FGTC** Gallagher's Gymnastics Golden City Gymnastics Gymnastic World Naples Gymnastics USA Gymtek **International Gold Gymnastics** North Florida OP Premier Gymnastics – FL **Rad Gymnastics Reflex Gymnastics** Southern Starz South Florida Suncoast Gymnastics Academy **Sunny Gymnastics**

Session A11* USA Women Xcel Gold Stretch/Warm-up 2:30pm

Bay City Gymnastics
FGTC
Genie's Gymnastics
Lakewood Ranch
Stars Gymnastics
Suncoast Gymnastics Academy



GYM B GREEN - Friday, February 22, 2019

Modified Capital Cup – Women Doors Open at 8:00am

Session B1

USA Women Level 8 Stretch/Warm-up 9:00am

Atlantic Portsmouth
Bright Raven Gymnastics
Chantilly Academy
Gymnastics at Brentwood Commons
New Hampshire Academy
Premier Athletics Knoxville
Prestige Gymnastics
Rising Stars MN
Stars and Stripes MI

Session B2*

USA Women Level 9 Stretch/Warm-up 12:00pm

Bart Conner Gymnastics
Bright Raven Gymnastics
Crystal Lake Gymnastics
Dudziak's Gymnastics
Dynamats
Golden City Gymnastics
McCracken's Gymnastics
Mercury Gymnastics
Nashua School of Gymnastics
Nebraska Gold Gymnastics
New Hampshire Academy
Park Avenue
Prestige Gymnastics
Queen City Gymnastics
Stars and Stripes MI

Session B3

USA Women Level 8 Stretch/Warm-up 3:00pm

Ace Gymnastics – NY
Action Gymnastics
Bart Conner Gymnastics
Denver School of Gymnastics
Diamond Gymnastics
Dynamats
EVO Athletics
Gym Sport
International Gymnastics - Panama
McCracken's Gymnastics
Mercury Gymnastics
Nebraska Gold Gymnastics
Ozark Mountain Gymnastics
Swiss Turners

Session B4

USA Women Level 9 and 10 Stretch/Warm-up 6:00pm

Level 9 Ace Gymnastics – NY

Cabarrus County
Flips North Shore
Gigueres
Gym Sport
International Gymnastics Academy – Panama
Naples Progressive Gymnastics
Oklahoma City Gymnastics
Orchard Park Gymsters
Ozark Mountain Gymnastics
Premier Athletics Knoxville
Sarasota Gymnastics Academy
Swiss Turners

Level 10

Ace Gymnastics – NY Atlantic Portsmouth Cabarrus County Crystal Lake Gymnastics **EVO Athletics*** Flips North Shore Gigueres Gym Sport International Gymnastics Academy – Panama Naples Progressive Gymnastics Oklahoma City Gymnastics Orchard Park Gymsters Ozark Mountain Gymnastics Premier Athletics Knoxville **Queen City Gymnastics** Sarasota Gymnastics Academy Stars and Strips MI Swiss Turners



GYM B GREEN - Saturday, February 23, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session B5

USA Women Level 8 Stretch/Warm-up 8:00am

Basel's Cabarrus County

Cats of Wellington Energym

Excel Gymnastics

Genie's Gymnastics

International Gymnastics - Miami

Libertyville Gymnastics

MEKS

Morgan's Gymnasitcs

Precision South Gymnastics Tift Gymnastics Academy

US Gold Destin

Ultimate Gymnastics Tulsa

Session B6

USA Women Level 8 and 9 Stretch/Warm-up 11:15am

Level 8 Level 9

Centro Italo Venezolano **Emeth Gymnastics** Gvm Force **Skyline Gymnastics** Southern Starz South Florida

Stars Gymnastics The Brook-Lin Center The Gymnastics Revolution **United Gymstars**

World Class Gymnastics

Centro Italo Venezolano **Emeth Gymnastics**

Energym **Excel Gymnastics** Genie's Gymnastics*

Gymnastics at Brentwood Commons

Gym Force Libertyville

Precision South Gymnastics Skyline Gymnastics

Southern Starz

South Florida Stars Gymnastics **Suncoast Gymnastics** The Brook-Lin Center

The Gymnastics Revolution Tift Gymnastics Academy

United Gymstars

Universidad Tecnica del Norte* World Class Gymnastics

Session B7

USA Women Level 10* Stretch/Warm-up 2:30pm

Action Gymnastics Angel's Gymnastics **Bart Conner Gymnastics** Chantilly Academy

Diamond Gymnastics **Emeth Gymnastics**

Energym

Genie's Gymnastics

Golden City Gymnastics **Gymnastics at Brentwood Commons**

Imagine Gymnastics International Gymnastics Miami

Libertyville Gymnastics

MEKS Morgan's Gymnastics North Florida Gymnastics OP **Precision South Gymnastics**

Skyline Gymnastics

Southern Starz Gymnastics Stars & Stripes – FL

Suncoast Gymnastics Academy

The Brook-Lin Center Tift Gymnastics Academy Ultimate Gymnastics Tulsa

Rad Gymnastics

US Gold Destin

West Broward

TN Elite

US Gold Destin

Session B8

USA Women Level 9 Stretch/Warm-up 5:45

A2 Gym and Cheer **Action Gymnastics** All Star Gymnastics **Armory Athletics** Atlanta North Stars

Bay Area Gymnastics Chantilly Academy

Park Avenue

EVO Athletics FGTC

Dezer Gymnastics* Flight Gymnastics **Diamond Gymnastics** Gymnastics USA Dinamo

International Gold Gymnastics

Stadium Parking Fee is \$20 per day - CREDIT CARD ONLY Spectator Admission - CASH ONLY

Adults \$20 per day **Children (5-17) \$15 per day** Security will check all bags - No outside food or drinks



GYM B GREEN - Sunday, February 24, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session B9

USA Women Level 8 Stretch/Warm-up 8:00am

Angel's Gymnastics Apollo School of Gymnastics DGA Tampa Elite World **FGTC** Flight Gymnastics Florida Flips Gym Like This Gymnastics USA Gymnastics X-Calibur Monadnock Gymnastics Naples Progressive Gymnastics Park Avenue Sarasota Gymnastics **Taylor Gymnastics** TN Elite Gymnastics

Session B10

USA Women Level 7 Stretch/Warm-up 11:15am

Angel's Gymnastics
Apollo School of Gymnastics
DGA Tampa
Elite World
Flight Gymnastics
Florida Flips
Genie's Gymnastics
Gym Like This
Monadnock Gymnastics
Naples Progressive Gymnastics
Park Avenue
Sarasota Gymnastics Academy
Stars Gymnastics
The Gymnastics Revolution
Victory GTC

Session B11*

USA Women Level 6 Stretch/Warm-up 2:30pm

Apollo School of Gymnastics
DGA Tampa
Flight Gymnastics
Florida Flips
Gym Like This
Gymnastics USA
Naples Progressive Gymnastics
Park Avenue
Reflex Gymnastics
Sarasota Gym Academy
Southern Starz
Suncoast Gymnastics Academy
Victory GTC



GYM C BLUE - Friday, February 22, 2019

Modified Capital Cup – Women Doors Open at 8:00am

Session C1

USA Women Xcel Gold

Stretch/Warm-up 11:45am

Atlantic Gymnastics Training Center

Bayside Gymnastics

Champion Gymnastics

Dynamats
Excel Gymnastics
Flips North Shore
iFlip Gymnastics

Ozark Mountain Gymnastics

Paradise Gymnastics

Splitz

Skyline Gymnastics
Tift Gymnastics Academy
Top Gun Academy*
United Gymstars
YMCA Top Flight

Session C2

USA Women

Xcel Platinum and Xcel Diamond Stretch/Warm-up 3:00pm

Xcel Platinum

A2 Gym and Cheer Ace Gymnastics-NY

Atlantic Gymnastics Training Center

Bayside Gymnastics Cabarrus County

Champion Gymnastics Ann Arbor

Dynamats
Excel Gymnastics

Flips North Shore

Ozark Mountain Gymnastics Paradise Gymnastics Premier Gymnastics-FL

Skyline Gymnastics

Splitz

Temple Terrace
Top Gun Academy*
United Gymstars

Xcel Diamond

A2 Gym and Cheer Atlantic Gymnastics Training Center Nashua School of Gymnastics Paradise Gymnastics* Skyline Gymnastics

Session C3*

USA Women Xcel Gold

Stretch/Warm-up 6:00pm

A2 Gym and Cheer* Ace Gymnastics – NY

Alpharetta

Balance Gymnastics Gym Like This

Gymnastics at Brentwood Commons

Gymnastics USA

Sky Gymnastics of Venice

SportsRock LaFleur's Tampa

World Class Gymnastics

Stadium Parking Fee is \$20 per day – CREDIT CARD ONLY
Spectator Admission – CASH ONLY
Adults \$20 per day Children (5-17) \$15 per day
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GYM C BLUE - Saturday, February 23, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session C4

USA Women Xcel Silver Stretch/Warm-up 8:00am

Alpha Gymnastics Alpharetta Gymnastics Atlantic Portsmouth Gigueres Gymnastics Gym Like This Gymnastics X-Calibur OYT

Park Avenue
Sarasota Gym Academy
The Gymnastics Revolution
Top Gun Gymnastics
Ultimate Gymnastics-FL
Victory GTC

Session C5*

USA Women Level 6 Stretch/Warm-up 11:15am

All Star Gymnastics
Alpha Gymnastics*
Atlanta North Stars

Champion Gymnastics Ann Arbor Crystal Lake Gymnastics

Fitness Sport

Granite State Gymnastics

iFlip Gymnastics Libertyville Gymnastics MEKS

Monadnock Gymnastics* Morgan's Gymnastics Rising Stars - FL

Sky Gymnastics of Venice

TNT Gymnastics Tumbleweeds

Ultimate Gymnastics Tulsa Universal Gymnastics Miami

West Broward

Session C6

USA Women Level 6 Stretch/Warm-up 2:30pm

Bay Area Gymnastics
Basel's Gymnastics
Centro Italo Venezolano
Dezer Gymnastics Training Center
Emeth Gymnastics
Excel Gymnastics
Gymfinity Ecuador
International Gymnastics Center Panama
KGI

Stars Gymnastics The Gymnastics Revolution World Class Gymnastics Session C7

USA Women Xcel Gold & Xcel Platinum Stretch/Warm-up 5:45pm

Xcel Gold*

Apollo School of Gymnastics Atlantic Portsmouth* Elite World Emeth Gymnastics

Gold Coast

International Gold Gymnastics Monadnock Gymnastics*

Morgan's Gymnastics Southern Starz **Xcel Platinum***

Alpharetta Denver School of Gymnastics

Emeth Gymnastics iFlip Gymnastics

International Gold Gymnastics

Gold Coast Gymnastics

Gym Force

Gymnastics X-Calibur* Morgan's Gymnastics Nashua School of Gymnastics

North Metro Gymnastics

OYT

Precision South Gymnastics

Reflex Gymnastics Southern Starz

Stadium Parking Fee is \$20 per day - CREDIT CARD ONLY
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Posted January 18, 2019 *change made



GYM C BLUE - Sunday, February 24, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session C8*

USA Women Xcel Gold Stretch/Warm-up 8:00am

DGA Tampa
Dinamo
Gigueres Gymnastics
Golden City
Gravity
Gymnastic World Ft. Myers
Gymnastics Plus

North Port Gymnastics Reflex Gymnastics The Gymnastics Revolution Ultimate Gymnastics Universal Gym Academy

Session C9*

USA Women Xcel Platinum Stretch/Warm-up 11:15am

Apollo School of Gymnastics
Bay City Gymnastics
Ft. Lauderdale Stars
Gigueres Gymnastics
Golden City Gymnastics
Gravity Gymnastics
Lakewood Ranch

North Port Gymnastics
Park Avenue Gymnastics
Rising Stars Gymnastics
Suncoast Gymnastics Academy
Ultimate Gymnastics – FL
Universal Gym Academy
West Broward
World Class Gymnastics

Session C10*
USA Women
Xcel Silver
Stretch/Warm-up 2:30pm

DGA Tampa
Dinamo
Elite World
Granite State Gymnastics
Gravity Gymnastics
Gymnastics Plus
Gymnastics World Ft. Myers

Gymnastic World Naples Monadnock Gymnastics North Port Gymnastics Premier Gymnastics – FL Universal Gym Academy

Stadium Parking Fee is \$20 per day – CREDIT CARD ONLY
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GYM D YELLOW - Friday, February 22, 2019

Modified Capital Cup – Women Doors Open at 8:00am

Session D1*
USA Women
Xcel Silver
Stretch/Warm-up 9:00am

Bay City Gymnastics Excel Gymnastics Flips North Shore iFlip Gymnastics Southern Starz
Splitz
Suncoast Gymnastics Academy
Tift Gymnastics Academy
Temple Terrace Gymnastics
YMCA Top Flight

Session D2*

USA Women Level 4 and Level 5 Stretch/Warm-up 12:00pm

Level 4		Level 5	
All Star Gymnastics	International Gymnastics Miami	All Star Gymnastics	Imagine Gymnastics
Centro Italo Venezolano	Liga Antioquena Gimnasia	Bermuda Gymnastics	International Gymnastics Miami
Champion Gym Ann Arbor	Miami Gymnastics*	Centro Italo Venezolano	Liga Antioquena Gimnasia
CMG	Naples Progressive	Champion Gym Ann Arbor	Miami Gymnastics
Fitnessport	New Hampshire Academy	Colombia Federation	Momentum Athletics
Gigueres Gymnastics	Nishida's Gymnastics	Fitnesssport	Naples Progressive
Gym Force	Ozark Mountain Gymnastics	Gym Force	New Hampshire Academy
Gymnastic World Ft. Myers	Universal Gymnastics Miami	Gymnastic World Ft. Myers	Universal Gymnastics Miami
Imagine Gymnastics	Universal Gym Academy		Universal Gymnastics Academy

Session D3*

USA Women Xcel Silver Stretch/Warm-up 3:00pm

Angel's Gymnastics
Apollo School of Gymnastics
Balance Gymnastics
Champion Gymnastics Ann Arbor
Dudziak's Gymnastics
FGTC
Ft. Lauderdale Stars

Golden City Gymnastics
Gymnastics USA
Lakewood Ranch
Morgan's Gymnastics
Tampa Bay Turners
West Broward

Session D4 USA Women Level 4 Stretch/Warm-up 6:00pm

A2 Gym and Cheer
Bright Raven Gymnastics
Chantilly Academy
Dezer Gymnastics Training Center
Dudziak's Gymnastics
Flips North Shore
International Gymnastics Academy Panama

International Gymnastics Academy Panama
International Gymnastics Center Bogota
KGI*
Orchard Park Gymsters

OYT

Park Avenue Stars and Stripes-FL Sunny Gymnastics

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GYM D YELLOW - Saturday, February 23, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session D5*

USA Women Level 4 Stretch/Warm-up 8:00am

Alpha Gymnastics
Atlantic Portsmouth*
EVO Athletics
Golden City Gymnastics
Granite State Gymnastics
Gymfinity Ecuador
Gymnastics World Naples
Gymnastics at Brentwood Commons
Gymnastics X-Calibur

Libertyville Gymnastics
Momentum Athletics
Precision South Gymnastics
Skyline Gymnastics
Southern Starz
TNT Gymnastics
Ultimate Gymnastics Tulsa
YMCA Top Flight

Session D6*

USA Women Level 5 Stretch/Warm-up 11:00am

Bright Raven Gymnastics
Chantilly Academy
Dezer Gymnastics*
Elite World
EVO Athletics
Gainesville Gymnastics Academy
Golden City Gymnastics
Gymfinity Ecuador
Libertyville
North Metro Gymnastics
Precision South Gymnastics
Queen City Gymnastics
Skyline Gymnastics
Tumbleweeds
YMCA Top Flight

Session D7

USA Women Xcel Bronze Stretch/Warm-up 2:00pm

Atlantic Portsmouth*
East Coast Gymnastics
Gigueres Gymnastics
Granite State Gymnastics
Gymnastics Plus
Gymnastic World Ft. Myers
Gymnastics World Naples
International Gold Gymnastics
Monadnock Gymnastics
OYT
Sarasota Gym Academy
Stars Gymnastics
Sunny Gymnastics
The Gymnastics Revolution
Tift Gymnastics Academy

Session D8

AAU Xcel Gold Stretch/Warm-up 5:00 pm

Acrofit Gymnastics
Amplitude Gymnastics
Bayside Gymnastics
Beaches Gymnastics
Gallagher's Gymnastics
Gym Force
Imagine Gymnastics
Motions Unlimited
Precision South Gymnastics
Taylor Gymnastics



GYM D YELLOW - Sunday, February 24, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session D9

AAU Level 4, AAU Level 5, AAU Xcel Gold Stretch/Warm-up 8:00am

AAU Level 4

CATS Gymnastics of Wellington

Fitnessport

Fleming Island

Gold Coast Gymnastics

International Gymnastics Center Bogota

LaFleur's Tampa

Rising Stars – FL

Sky Gymnastics of Venice

SportsRock

Tampa Gymnastics

World Class Gymnastics

AAU Level 5

Fitnessport

Teamwork Gymnastics Club

AAU Xcel Gold

Horizon Gymnastics Legendz of Ocala

Naples Progressive

South Florida

Session D10

AAU Xcel Silver Stretch/Warm-up 11:00am

Bayside Gymnastics Beaches Gallagher's Gymnastics Gym Force Legendz of Ocala Motions Unlimited **Reflex Gymnastics** Sky Gymnastics of Venice South Florida **Taylor Gymnastics**

Session D11

AAU Level 6, Level 7, Level 8, Level 9 **AAU Xcel Platinum. Xcel Diamond AAU Ladies** Stretch/Warm-up 2:00pm

AAU Level 6 AAU Level 8 **Acrofit Gymnastics Acrofit Gymanstics Fitnessport** Legendz of Ocala

Horizon Gymnastics

AAU Level 9 AAU Level 7 Horizon Gymnastics Horizon

International Gymnastics Center Bogtoa

Legendz of Ocala **AAU Xcel Diamond**

Beaches

Fleming Island

AAU Xcel Platinum AAU Ladies Xcel Silver

Beaches Bayside

Fleming Island **AAU Ladies Xcel Platinum**

Gym Force Bayside

Motions Unlimited **AAU Ladies level 8**

South Florida

Bayside **Taylor Gymnastics**

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GYM E PURPLE - Friday, February 22, 2019

Modified Capital Cup – Women Doors Open at 8:00am

Session E1*

USA Women USA Level 3 Stretch/Warm-up 9:30am

Bermuda Gymnastics Bright Raven Gymnastics Champion Gymnastics Ann Arbor Chantilly Academy Flips North Shore Liga Antioquena Gimnasia Liga de Gimnasia de Bogota Nishida's Gymnastics Orchard Park Gymsters Ozark Mountain Gymnastics Skyline Gymnastics

Session E2

USA Women Xcel Bronze Stretch/Warm-up 12:00pm

Angel's Gymnastics
Apollo Gymnastics
Bay City Gymnastics
Golden City Gymnastics
Lakewood Ranch
Southern Starz
Suncoast Gymnastics Academy
Tampa Bay Turners
Temple Terrace

Session E3

USA Women Level 3 Stretch/Warm-up 3:00pm

Centro Italo Venezolano
CMG
Colombia Federation
Dezer Gymnastics Training Center
Fitnessport
Gigueres Gymnastics
Golden City Gymnastics
Gymnastic World Ft. Myers
International Gymnastics Miami
International Gymnastics Academy Panama
Miami Gymnastics
Park Avenue
Stars & Stripes – FL
Sunny Gymnastics
Universal Gymnastics Miami

Session E4
USA Women

Xcel Bronze Stretch/Warm-up 6:00pm

> DGA Tampa FGTC Morgan's Gymnastics Park Avenue Premier Gymnastics Top Gun Gymnastics Ultimate Gymnastics West Broward



GYM E PURPLE - Saturday, February 23, 2019

Modified Capital Cup – Women Doors Open at 7:00am

Session E5

USA Women Level 1 and Level 2 Stretch/Warm-up 8:00am

Level 1

Before Gold

CMG

FGTC

International Gymnastics Miami

International Gymnastics Academy Panama

International Gymnastics Center Bogota

Miami Gymnastics

OYT Gymnastics

Park Avenue

Roll and Twist

Sunny gymnastics

Universal Gymnastics Miami

Universidad Tecnica del Norte

Level 2

Before Gold

International Gymnastics Miami

Miami Gymnastics

OYT Gymnastics

Sunny Gymnastics

Universal Gymnastics Miami

Universidad Tecnica del Norte

Session E6

USA Level 2 Stretch/Warm-up 10:30am

Centro Italo Venezolano

EVO Athletics

Excel Gymnastics

Gigueres Gymnastics

Gymfinity Ecuador

Gymnastics Gold

International Gymnastics Academy Panama

International Gymnastics Center Bogota

Liga de Gimnasia de Bogota

Nishida's Gymnastics

Park Avenue

Ponciana Gymnastics Sports Center

Tampa Bay Turners

Universal Gym Academy

Session E7*

USA Level 3 Stretch/Warm-up 1:00pm

Alpha Gymnastics Basel's

EVO Athletics

Gainesville Gymnastics

Granite State Gymnastics

Gymfinity Ecuador

Gymnastics Gold

Gymnastics X-Calibur

International Gymnastics Center Bogota

Momentum Athletics

OYT Gymnastics

Roll and Twist

Tampa Bay Turners

Ultimate Gymnastics Tulsa

YMCA Top Flight

Session E8

AAU Level 3 Stretch/Warm-up 3:30pm

Acrofit

Amplitude

Fitnessport*

Gym Force

Imagine Gymnastics

Naples Progressive Gymnastics

Precision South Gymnastics

World Class Gymnastics

Session 9

AAU Level 3 Stretch/Warm-up 6:00pm

CATS Gymnastics of Wellington Ft. Lauderdale Stars LaFleur's Tampa Rising Stars Gymnastics – FL TNT Gymnastics Center

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Modified Capital Cup – Women Doors Open at 7:00am

Session E10

All AAU Level 1 All AAU Xcel Bronze Stretch/Warm-up 8:00am

AAU Level 1

Cats Gymnastics of Wellington Golden City Gymnastics International Gymnastics Center Bogota TNT Gymnastics Center World Class Gymnastics

AAU Xcel Bronze

Bay City Gymnastics Bayside Gymnastics Beaches Gallagher's Gymnastics South Florida

Session E11 All AAU Level 2

Stretch/Warm-up 10:45am

Cats Gymnastics of Wellington
Ft. Lauderdale Stars
Gold Coast Gymnastics
Golden City Gymnastics
Gym Force
Imagine Gymnastics
International Gymnastics Center Bogota
Liga de Gimnasia de Bogota
Motions Unlimited
SportsRock
Stars & Stripes – FL
Tampa Gymnastics
TNT Gymnastics Center
World Class Gymnastics

Session E12*

AAU Level 3 Stretch/Warm-up 1:30pm

International Gymnastics Center Bogota
Fleming Island
Liga de Gimnasia de Bogota
Motions Unlimited
SportsRock
Sky Gymnastics Venice
Tampa Gymnastics