



February 17—19, 2023 at ESPN's Wide World of Sports®

USA Competitions is proud to host the 25th Anniversary of the Presidential Classic! The following items are enclosed:

1. General Event Information
2. Competition Schedule and Session Assignments (Women's Gyms: Red, White, Stars, Freedom and Men's Blue Gym)

Rosters have been emailed to clubs. Check that session assignments listed on your roster agree with session assignments listed in this packet. If a discrepancy is noticed, contact sharyn@usacompetitions.com (errors are easily corrected). Your club roster will always be considered the official session assignment document.

ATHLETE & COACH CHECK IN at ESPN's Wide World of Sports®

- Submit Disney Sports Waivers ([Athlete](#) & [Coach](#)) on site, receive credentials and athlete gift prior to entering the complex.
- A pre-filled waiver will expedite check-in! However, waivers will not be accepted in advance of the event.
- *Athlete waivers must be submitted with the athlete present.*
- **EARLY ATHLETE & COACH CHECK IN HOURS** will be available on Thursday, Feb. 16th, between 2:00pm—7:00pm. Take advantage if your travel schedule permits! Athletes and coaches are encouraged to check in prior to their competition day.
- Keep your credentials with you throughout the weekend. They are your ticket to enter the complex!
- We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

ATTENDING COACHES must be entered in Meet Reservations

- Coaches, please sign the official USA Gymnastics sign-in sheet at the main computer scoring table on the competition floor.
- Coaches not listed and without verifiable Pro member status will be allowed entry via spectator admission and will not have access to the competition floor.

*****CLUBS WITH LEVEL 10 ATHLETES***** This is a Nastia Liukin Cup Qualifying event. The age determination date for Level 10 is set to December 31, 2023 (per USA Gymnastics). There is one JR session on Friday. There are four SR sessions beginning on Friday and continuing through Saturday. Carefully check your roster for L10 session assignments for each age group. A club may be divided into more than one SR session. Email Sharyn@usacompetitions.com with preferred changes to your athlete split assignments (# per session will not change).

COACHES MEETING

- A coaches information sheet will be emailed to clubs prior to the event. Please share with ALL attending coaches.
- No on-site coaches meeting. Coaches are to notify the Floor Manager of scratches at the beginning of each session.
- **Athlete cards will be distributed. Coaches choose competitive order. Submit cards to judges in order at each event.**
- After the competition, athletes can record scores on their cards as a memento of their meet (use marker).

ROTATION SHEETS will be posted online at rotationsheets.com the week before the event. Parents & spectators, please take a screenshot of the rotation sheet with your phone. A master rotation sheet will be available for coaches to snapshot at the music/announcer's table.

CASH PRIZES for 1st-3rd PLACE TEAM every session! Optional Team Prizes: 1st Place \$200 / 2nd Place \$150 / 3rd Place \$100. Compulsory Team Prizes: 1st Place \$100 / 2nd Place \$80 / 3rd Place \$50

- *Cash prizes will be awarded 50% to coaches from the winning teams each session at the meet & 50% to gym via check.*
- If prize money is not claimed at the meet, the full amount will be mailed to the club.

AWARD CEREMONIES take place immediately following each session. 50% + 1 is awarded for individual events. 100% All Around is awarded. Top five teams awarded every session, each level (exception; level 10 team awarded Saturday, following final level 10 session).

EVENT MERCHANDISE booths are located in the awards area. Please visit them at any time!

COACHES HOSPITALITY Grab & go snacks and drinks provided throughout the event, as well as gift cards that may be used towards dining at coaches' convenience.

ACCOMMODATIONS & TICKET PACKAGES Call Disney Sports Reservations at **800-743-9876** for information about special packages for Presidential Classic participants & families or book via our online link: [Presidential Classic Reservations](#) . Be sure to make your reservations before the blocks fill!

SPECTATOR ADMISSION MAY BE PRE-PURCHASED ONLINE ONLY! Purchase tickets [HERE](#) . Daily rate: \$33.95 (age 10+), \$18.14 (ages 3-9). Length of Event: \$52.56 (10+), \$30.70 (3-9)

If there is anything that we can do to assist you, do not hesitate to contact us. We wish you the very best of luck this season!

Sincerely,

Randy Sikora
Meet Director

Sharyn Strickland
Director of Operations
Sharyn@usacompetitions.com

Shane Cummings
Event Coordinator

Gary Anderson
Event Floor Manager



RED GYM (ARENA) —FRIDAY, FEBRUARY 17

Capitol Cup - Women



2023 Qualifying event

Session R1 Level 7 Stretch/Warm up 8:00am	Session R2 Level 9 Stretch/Warm up 11:30am
Dynamic NY Edge Athletics ENA Paramus Grand Traverse Bay Gymnastics Gold JAG Maximum Velocity FL Metro South North Florida Jax Prattville YMCA Sonshine Gymnastics Southeastern Southern Starz TAG TX	CGI Chow's Gymnastics Classic Chanhassen Coast Elite ENA Paramus First State G-Force Gym Academy GMS Gymnastics Off Limits Prattville YMCA Premier NE Premier NJ T-Dot Tumblers United Gymnastics IL

Session R3 Level 10 JR Stretch/Warm up 3:00pm		Session R4 Level 10 SR Stretch/Warm up 6:30pm
ACE Gymnastics FL American Twisters Atlanta North Stars Brandy Johnson's CGI Chow's Gymnastics Classic Chanhassen Coast Elite ENA Paramus Florida Elite GMS Gymnastics Golden City JAG	LaFleur's Tampa LGA Mercury Gymnastics Metro South North Florida Jax North Stars NJ Premier NE Silvia's Gymnastics Sonshine Gymnastics Southeastern World Class Jax	ACE Gymnastics FL Brandy Johnson's (6) Coast Elite Edge Gymnastics LA FGTC NAAG North Florida Jax Olympika Gymnastics Premier NE Sarasota Gymnastics Silvia's Gymnastics (7) Sonshine Gymnastics (6) Southern Starz Starlight Gymnastics World Class Jax World Class NY (2)

Clubs in bold Red print entered individual athletes and the team competition

Clubs in black print have individual athletes competing at that level.
 Questions? Contact Sharyn ASAP at sharyn@usacompetitions.com

******Teams with Level 10 athletes that are split into multiple sessions:******

Your designated number of athlete spots per session is indicated in ()

Email Sharyn@usacompetitions.com with your choice of specific athlete names for each session

Due to clubs being split between sessions, Level 10 Team will be awarded following session R8 on Saturday



The Nastia Liukin Cup Qualifying JR Athlete will be awarded following session R3 on Friday!



RED GYM (ARENA) —SATURDAY, FEBRUARY 18

Capitol Cup - Women



2023 Qualifying event

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session R5 Level 9 Stretch/Warm up 8:00am	Session R6 Level 10 SR Stretch/Warm up 11:45am	
ACE Gymnastics FL American Twisters Atlanta North Stars Edge Athletics FGTC Florida Elite Galaxy Gymnastics NY JAG	Acrosmith Gymnastics Alison Biondi Gym Altius Gymnastics Avant Coeur Axis Gymnastics CFG Classic Chanhassen Club Les Reflexes ETC Gym TN GMS Gymnastics Go For The Gold	Grand Traverse Bay Helix Athletics Morgan's Gymnastics North Stars NJ (7) North Valley Off Limits Roots Gymnastics Rowland/Ballard World Class NY (5)

Session R7 Level 10 SR Stretch/Warm up 3:00pm	Session R8 Level 10 SR Stretch/Warm up 6:30pm
American Twisters (10) Atlanta North Stars CGI (5) Edge Gymnastics MO Galaxy Gymnastics NY G-Force Gym Academy JAG LGA Metro South Ocean Tumblers Premier NJ Sonshine Gymnastics (6) Southeastern (5) United Gymnastics IL	American Twisters (9) Brandy Johnson's (4) CGI (6) Chow's Gymnastics ENA Paramus Florida Elite Genie's Gymnastics Golden City LaFleur's Tampa North Stars NJ (5) Sonshine Gymnastics (6) Southeastern (5)

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****Teams with Level 10 athletes that are split into multiple sessions:****

Your designated number of athlete spots per session is indicated in ()

Email Sharyn@usacompetitions.com with your choice of specific athlete names for each session

Due to clubs being split between sessions, Level 10 Team will be awarded following session R8



The Level 10 Nastia Liukin Cup Qualifying SR Athlete will be awarded following session R8 on Saturday!



RED GYM (ARENA) —SUNDAY, FEBRUARY 19

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session R9 Xcel Bronze Stretch/Warm up 8:00am	Session R10 Xcel Silver Stretch/Warm up 10:15am	Session R11 Xcel Gold Stretch/Warm up 1:00pm
Alpha Gymnastics FL American Twisters Paradise MA Suncoast Gymnastics Touch N Go Tumblers Zenith Gymnastics	Alpha Gymnastics FL Altius Gymnastics American Twisters Broadway Gymnastics Courthouse Gymnastics Paradise MA Suncoast Gymnastics WGV Gymnastics	Alpha Gymnastics FL American Twisters Gym Like This Lakewood Ranch Twist N' Flip WGV Gymnastics

Session R12 Xcel Platinum Stretch/Warm up 3:45pm	Session R13 Level 8 Stretch/Warm up 6:45pm
American Twisters Atlanta North Stars Brandy Johnson's Broadway Gymnastics Gym Like This Gymnastics Gold Suncoast Gymnastics Waterford Gymnastics WGV Gymnastics	Atlanta North Stars Brandy Johnson's Broadway Gymnastics Edge Gymnastics LA Golden City Gymnastics Sports NY LaFleur's Tampa Lone Star Gymnastics Magic Valley Morgan's Gymnastics Sarasota Gymnastics Suncoast Gymnastics WGV Gymnastics

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WHITE GYM (ARENA) — FRIDAY, FEBRUARY 17

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session W1	Session W2	Session W3
Level 8	Level 3	Level 4
Stretch/Warm up 8:00am	Stretch/Warm up 10:45am	Stretch/Warm up 1:30pm
Acrosmith Gymnastics Columbus Gym Academy ENA Paramus ETC Gym TN First State Nishida's Gymnastics North Florida Jax Off Limits Penryn Gymnastics Premier NJ Southeastern Tidewater Gymnastics	Avant Coeur Club Colonia Columbus Gym Academy Edge Gymnastics LA ETC Gym TN Flip-Flop Gymnastics Gymfinity Ecuador IGA Panama Nishida's Gymnastics North Florida Jax Olympika Gymnastics Rowland/Ballard TAG TX Tidewater Gymnastics	Avant Coeur Coastal Gymnastics Dynamic NY Element Gymnastics ETC Gym TN Flip-Flop Gymnastics Grand Traverse Bay GTC Simsbury Gymfinity Ecuador IGA Panama Metro South Mountain Gym Academy Nishida's Gymnastics Rowland/Ballard TAG TX TEGA The Peach Pit

Session W4	Session W5
Level 8	Level 9
Stretch/Warm up 4:00pm	Stretch/Warm up 6:45pm
American Twisters Chow's Gymnastics Classic Chanhassen Galaxy Gymnastics NY Genie's Gymnastics GTCO Gym Like This Mountain Gym Academy Premier NE Rowland/Ballard TAG TX TEGA	Beaches Gymnastics Christi's Gymnastics Edge Gymnastics LA Golden City GTC Simsbury GTCO Mercury Gymnastics Nishida's Gymnastics Olympika Gymnastics Rowland/Ballard Starlight Gymnastics TAG TX The Victors Waterford Gymnastics World Class NY

Clubs in bold Purple print entered individual athletes and the team competition

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WHITE GYM (ARENA) — SATURDAY, FEBRUARY 18

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session W6 Level 9 Stretch/Warm up 8:00am	Session W7 Level 7 Stretch/Warm up 11:30am
Brandy Johnson's Falcons Academy Gym Like This Gymnastiks Unlimited Hahn's Gymnastics LaFleur's Tampa North Florida Jax North Stars NJ Ocean Tumblers Sarasota Gymnastics Silvia's Gymnastics Sonshine Gymnastics Southeastern WGV Gymnastics	ACE Gymnastics FL AGTC American Twisters Boca Twisters Chow's Gymnastics Columbus Gym Academy Falcons Academy Flip Gym Barbados Gihae Gymnastics Hahn's Gymnastics Mercury Gymnastics NAAG Suncoast Gymnastics Texas Tumblers Thames Valley ZGA

Session W8 Level 9 Stretch/Warm up 3:00pm		Session W9 Level 8 Stretch/Warm up 6:30pm	
Acrosmith Gymnastics	Gym Kidz NMB	ACE Gymnastics FL	Gymstars Costa Rica
Altius Gymnastics	Gymnastics Gold	Avant Coeur	Harbor City
Avant Coeur	Gymnastics USA	Axis Gymnastics	IGA Panama
Axis Gymnastics	IGA Panama	Boca Twisters	LGA
Boca Twisters	Legacy Athletics	Club Les Reflexes	Mercury Gymnastics
Club Les Reflexes	NAAG	Crossfire Gymnastics	Metro South
Crossfire Gymnastics	North Valley	Falcons Academy	NAAG
Edge Gymnastics MO	Rise Gymnastics	G-Force Gym Academy	Ninas Gymnastics
ETC Gym TN	Southern Starz	Go For The Gold	North Valley
Gihae Gymnastics	TEGA	Gravity Gymnastics	Stumpf's Gymnastics
Go For The Gold	Western Mass	Gym Kidz NMB	Thames Valley
Grand Traverse Bay		Gymnastics USA	

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WHITE GYM (ARENA) — SUNDAY, FEBRUARY 19

Capitol Cup - Women

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Session W10 Xcel Bronze	Session W11 Xcel Silver	Session W12 Xcel Gold
Stretch/Warm up 8:00am	Stretch/Warm up 10:15am	Stretch/Warm up 12:45pm
Athens Clarke Atlanta North Stars Boca Twisters FGTC Golden City Gym Kidz NMB Houston Gym Center Metro South Sarasota Gymnastics World Class Miami	Atlanta North Stars Boca Twisters Edge Athletics Gym Kidz NMB Houston Gym Center Lakewood Ranch World Class Miami ZGA	Atlanta North Stars Bloomfield Boca Twisters Edge Athletics Gym Kidz NMB Gymstars Costa Rica Houston Gym Center Maximum Velocity Riverview Gymnastics Suncoast Gymnastics ZGA

Session W13 Level 8	Session W14 Level 8
Stretch/Warm up 3:45pm	Stretch/Warm up 6:30pm
CGI Dynamic NY Edge Athletics FGTC GTC Simsbury JAG Legacy Athletics Sunshine Gymnastics Southern Starz Ultimate Gymnastics Western Mass World Class NY	Coast Elite Edge Gymnastics MO Gymnastiks Unlimited Ocean Tumblers Prattville YMCA Roots Gymnastics Silvia's Gymnastics Starlight Gymnastics Waterford Gymnastics Zenith Gymnastics

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BLUE GYM (ARENA) — FRIDAY, FEBRUARY 17

Capitol Cup - Men



We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session B1		
Levels 3, Xcel Bronze, Xcel Silver		
Stretch/Warm up 1:00pm		
<u>Level 3D1</u>	<u>Level 3D2</u>	<u>Xcel Bronze</u>
ACE Gymnastics FL	ACE Gymnastics FL	Nishida's Gymnastics
All American NY	EGA FL	
Boundless Gymnastics	Element Gymnastics	<u>Xcel Silver</u>
EGA FL	Golden city	Hahn's Gymnastics
FGTC	Islands YMCA	
Gymnastics USA	RAD Gymnastics	
Hahn's Gymnastics	South Miami	
Islands YMCA	Top Flight BSY	
The Victors	Tumblebees Jupiter	
Ultimate Gymnastics		
World Class Jax		

Session B2	
Level 4	
Stretch/Warm up 4:45pm	
<u>Level 4D1</u>	<u>Level 4D2</u>
ACE Gymnastics FL	ACE Gymnastics FL
All American NY	All American NY
Altius Gymnastics	Boundless Gymnastics
Avant Coeur	Element Gymnastics
Boundless Gymnastics	Falcons Academy
EGA FL	Golden City
Falcon Gymnastics PA	Islands YMCA
FGTC	RAD Gymnastics
Gymnastics USA	South Miami
Hahn's Gymnastics	Top Flight BSY
Islands YMCA	Tumblebees Jupiter
NAAG	Western Mass
South Miami	
Ultimate Gymnastics	
World Class Jax	

Clubs in bold Blue print entered individual athletes and the team competition

Clubs in black print have individual athletes competing at that level.

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BLUE GYM (ARENA) — SATURDAY, FEBRUARY 18

Capitol Cup - Men

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session B3 Levels 5, 6, Xcel Gold Stretch/Warm up 10:00am		
<u>Level 5D1</u>	<u>Level 5D2</u>	<u>Level 6D1</u>
ACE Gymnastics FL Avant Coeur CFG Downriver Gymnastics EGA FL Falcons Academy FGTC Gymnastics USA Islands YMCA Penryn Gymnastics South Miami Tumblebees Jupiter World Class Jax	Boundless Gymnastics CFG Element Gymnastics Golden City South Miami Top Flight BSY Tumblebees Jupiter Western Mass	ACE Gymnastics FL CFG EGA FL FGTC Penryn Gymnastics
	<u>Xcel Gold</u>	<u>Level 6D2</u>
	Hahn's Gymnastics	CFG Golden City Tumblebees Jupiter

Session B4 Levels 7 & 8 Stretch/Warm up 1:30pm		Session B5 Levels 9 & 10 Stretch/Warm up 5:00pm	
<u>Level 7</u>	<u>Level 8</u>	<u>Level 9</u>	<u>Level 10</u>
ACE Gymnastics FL Altius Gymnastics Element Gymnastics Falcon Gymnastics PA Falcons Academy FGTC GSC Hahn's Gymnastics Islands YMCA NAAG Parkettes Western Mass	Avant Coeur CFG Downriver Gymnastics EGA FL FGTC Southern Starz Ultimate Gymnastics Western Mass	ACE Gymnastics FL Arizona Olympian Avant Coeur Downriver Gymnastics Edge Gymnastics MO EGA FL FGTC GSC Hahn's Gymnastics NAAG Parkettes Tumblebees Jupiter	ACE Gymnastics FL Edge Gymnastics MO FGTC GSC Hahn's Gymnastics NAAG Parkettes Tumblebees Jupiter Western Mass

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STARS GYM (VISA CENTER) — FRIDAY, FEBRUARY 17

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session S1 Xcel Silver Stretch/Warm up 8:00am	Session S2 Xcel Bronze Stretch/Warm up 10:30am	Session S3 Xcel Gold Stretch/Warm up 12:45pm
AGTC Alison Biondi Gym Excel Gymnastics MS FGTC Golden City Metro South Morgan's Gymnastics Riverview Gymnastics Sarasota Gymnastics TEGA Ultimate Gymnastics Zenith Gymnastics	360 Tumble & Gym AGTC Altius Gymnastics Arizona Olympian Broadway Gymnastics Excel Gymnastics MS Hahn's Gymnastics LGA Morgan's Gymnastics Riverview Gymnastics WGV Gymnastics	Altius Gymnastics Arizona Olympian Beaches Gymnastics Excel Gymnastics MS Falcon Gymnastics PA Gravity Gymnastics Gymnastics Gold Hahn's Gymnastics LGA Morgan's Gymnastics The Victors

Session S4 Level 6 Stretch/Warm up 3:30pm	Session S5 Level 7 Stretch/Warm up 6:30pm
Altius Gymnastics Arizona Olympian Atlanta North Stars CGI Christi's Gymnastics Club Colonia Columbus Gym Academy Harbor City LGA Off Limits Penryn Gymnastics T-Dot Tumblers Ultimate Gymnastics United Gymnastics IL	Atlanta North Stars Axis Gymnastics CGI Coastal Gymnastics ETC Gym TN FGTC Gravity Gymnastics Harbor City Helix Athletics IGA Panama Legacy Athletics LGA Ocean Tumblers Rise Gymnastics Roots Gymnastics Silvia's Gymnastics T-Dot Tumblers TEGA Tidewater Gymnastics Ultimate Gymnastics United Gymnastics IL

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STARS GYM (VISA CENTER) — SATURDAY, FEBRUARY 18

Capitol Cup - Women



We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session S6 Level 4 Stretch/Warm up 8:00am	Session S7 Xcel Gold Stretch/Warm up 10:30am	Session S8 Xcel Silver Stretch/Warm up 1:15pm
AGTC CFG Club Colonia Club Les Reflexes Columbus Gym Academy EnVision Gymnastics Ninas Gymnastics Stumpf's Gymnastics T-Dot Tumblers The Victors Tidewater Gymnastics	Athens Clarke Avant Coeur Classic Savage Gymfinity Ecuador Gymnastics Sports NY IGA Panama Legacy Athletics Legacy CO Lone Star Gymnastics Mountain Gym Academy Ninas Gymnastics North Florida Jax Quality Gymnastics Rise Gymnastics TEGA Touch N Go Tumblers	Arizona Olympian Athens Clarke Avant Coeur Bloomfield Gemini Gym Academy Gravity Gymnastics GTCO Gymstars Costa Rica Lone Star Gymnastics Silvia's Gymnastics The Peach Pit Touch N Go Tumblers

Session S9 Level 6 Stretch/Warm up 3:30pm	Session S10 Xcel Diamond & Sapphire Stretch/Warm up 6:30pm	
Acrosmith Gymnastics AGTC CFG Chow's Gymnastics Coast Elite Courthouse Gym Falcons Academy Flight Gymnastics MX GTC Simsbury Maximum Velocity FL Morgan's Gymnastics Nishida's Gymnastics Prattville YMCA Rowland/Ballard WGV Gymnastics	<u>Xcel Diamond</u> Atlanta North Stars Beaches Gymnastics Classic Savage Dynamic NY Falcon Gymnastics PA Golden City Gym Like This Lakewood Ranch Lone Star Gymnastics Metro South Suncoast Gymnastics The Peach Pit Twist N' Flip	<u>Xcel Sapphire</u> Golden City Gym Like This Legacy CO

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STARS GYM (VISA CENTER) — SUNDAY, FEBRUARY 19

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session S11 Level 2 Stretch/Warm up 8:00am	Session S12 Level 5 Stretch/Warm up 10:00am	Session S13 Level 6 Stretch/Warm up 12:30pm
CFG Coastal Gymnastics Crossfire Gymnastics EnVision Gymnastics GTCO Master's Gymnastics North Florida Jax Rowland/Ballard Texas Tumblers Thames Valley Tidewater Gymnastics	Axis Gymnastics CFG Club Colonia Columbus Gym Academy Edge Gymnastics LA Element Gymnastics ETC Gym TN Gihae Gymnastics Gravity Gymnastics GTC Simsbury GYMAR El Salvador Metro South Morgan's Gymnastics North Florida Jax Silvia's Gymnastics Stumpf's Gymnastics The Peach Pit Waterford Gymnastics	Brandy Johnson's Dynamic NY Edge Gymnastics LA G-Force Gym Academy Golden City Grand Traverse Bay Gymnastics Sports NY Gymnastiks Unlimited Mountain Gym Academy North Florida Jax Ocean Tumblers Olympika Gymnastics Silvia's Gymnastics Sonshine Gymnastics Stumpf's Gymnastics

Session S14 Level 7 Stretch/Warm up 3:30pm	Session S15 Xcel Platinum Stretch/Warm up 6:45pm
Club Les Reflexes Coast Elite Genie's Gymnastics Golden City GTCO Gymnastics Sports NY Gymnastiks Unlimited LaFleur's Tampa Lone Star Gymnastics Magic Valley Mountain Gym Academy Olympika Gymnastics Rowland/Ballard Sarasota Gymnastics Starlight Gymnastics Stumpf's Gymnastics The Victors World Class Jax	Bloomfield Genie's Gymnastics Gym Kidz NMB Houston Gym Center Maximum Velocity FL Morgan's Gymnastics Mountain Gym Academy Riverview Gymnastics Twist N' Flip Western Mass World Class Jax World Class NY

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FREEDOM GYM (VISA CENTER) — FRIDAY, FEBRUARY 17

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session F1 Xcel Silver Stretch/Warm up 8:00am	Session F2 Xcel Gold Stretch/Warm up 10:30am	Session F3 Xcel Gold Stretch/Warm up 1:00pm
360 Tumble & Gym Gym Like This Hahn's Gymnastics Harbor City IGA Panama LGA Mountain Gym Academy Roots Gymnastics The Victors	FGTC Gemini Gym Academy Golden City GTCO Harbor City Metro South Sarasota Gymnastics Southern Starz The Peach Pit Ultimate Gymnastics	360 Tumble & Gym AGTC Broadway Gymnastics Genie's Gymnastics North Valley Roots Gymnastics Southern Starz Zenith Gymnastics

Session F4 Level 6 Stretch/Warm up 3:45pm	Session F5 Level 7 Stretch/Warm up 6:30pm
ACE Gymnastics FL Avant Coeur Broadway Gymnastics Crossfire Gymnastics Gymnastics USA Hahn's Gymnastics JAG North Valley Premier NJ Western Mass Zenith Gymnastics	Acrosmith Gymnastics Avant Coeur Brandy Johnson's Broadway Gymnastics Club Colonia Crossfire Gymnastics Edge Gymnastics MO First State Flip-Flop Gymnastics G-Force Gym Academy GTC Simsbury Gymnastics USA North Valley Western Mass WGV Gymnastics Zenith Gymnastics

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FREEDOM GYM (VISA CENTER) — SATURDAY, FEBRUARY 18

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session F6 Level 3 Stretch/Warm up 8:00am	Session F7 Xcel Bronze Stretch/Warm up 10:45am	Session F8 Level 6 Stretch/Warm up 12:45pm
360 Tumble & Gym Coastal Gymnastics Deportivo Gimnastas Element Gymnastics Grand Traverse Bay GTC Simsbury GTCO Master's Gymnastics Roll & Twist Roots Gymnastics Silvia's Gymnastics The Peach Pit The Victors	Gemini Gym Academy Gravity Gymnastics GTCO Gym Like This Gymstars Costa Rica Island Dance & Gym Lakewood Ranch The Peach Pit The Victors Ultimate Gymnastics	American Twisters Boca Twisters Coastal Gymnastics Edge Athletics Element Gymnastics ENA Paramus EnVision Gymnastics FGTC Genie's Gymnastics LaFleur's Tampa Sarasota Gymnastics Southeastern Starlight Gymnastics TEGA The Victors Tidewater Gymnastics

Session F9 Xcel Platinum Stretch/Warm up 3:45pm	Session F10 Xcel Platinum/Diamond Stretch/Warm up 6:30pm	
360 Tumble Arizona Olympian Avant Coeur Classic Savage FGTC Gemini Gym Academy Golden City Gravity Gymnastics Lakewood Ranch Legacy CO North Valley Sarasota Gymnastics ZGA	<u>Xcel Platinum</u>	<u>Xcel Diamond</u>
	AGTC Alpha Gymnastics FL Altius Gymnastics Falcon Gymnastics PA GTCO Gymnastics Sports NY Helix Athletics North Florida Jax Rise Gymnastics Roots Gymnastics Southern Starz The Victors	AGTC Alpha Gymnastics FL Altius Gymnastics Gymnastics Sports NY North Florida Jax Roots Gymnastics TEGA The Victors Waterford Gymnastics Western Mass World Class NY

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FREEDOM GYM (VISA CENTER) — SUNDAY, FEBRUARY 19

Capitol Cup - Women

We reserve the right to start General Stretch 15-30 minutes early (except 8:00am session). Please plan accordingly.

Session F11 Level 1 Stretch/Warm up 8:00am	Session F12 Level 2 Stretch/Warm up 10:30am	Session F13 Level 3 Stretch/Warm up 12:45pm
<p>Club Colonia</p> <p>Colegio Delta</p> <p>Deportivo Gimnastas</p> <p>Gihae Gymnastics</p> <p>Gimnasia Callao</p> <p>Gravity Gymnastics</p> <p>GYMAR El Salvador</p> <p>Gymfinity Ecuador</p> <p>Gymstars Costa Rica</p> <p>IGA Panama</p> <p>Island Dance & Gym</p> <p>Nishida's Gymnastics</p> <p>Olympika Gymnastics</p> <p>Quality Gymnastics</p> <p>Roll & Twist</p>	<p>Club Colonia</p> <p>Deportivo Gimnastas</p> <p>Gihae Gymnastics</p> <p>Gimnasia Callao</p> <p>Gravity Gymnastics</p> <p>GYMAR El Salvador</p> <p>Gymfinity Ecuador</p> <p>IGA Panama</p> <p>Island Dance & Gym</p> <p>Nishida's Gymnastics</p> <p>Olympika Gymnastics</p> <p>Quality Gymnastics</p> <p>Roll & Twist</p> <p>TAG TX</p>	<p>AGTC</p> <p>Axis Gymnastics</p> <p>CFG</p> <p>Colegio Delta</p> <p>Crossfire Gymnastics</p> <p>EnVision Gymnastics</p> <p>Flip Gym Barbados</p> <p>Gihae Gymnastics</p> <p>Gravity Gymnastics</p> <p>GYMAR El Salvador</p> <p>Lone Star Gymnastics</p> <p>Morgan's Gymnastics</p> <p>Ninas Gymnastics</p> <p>Quality Gymnastics</p> <p>Rise Gymnastics</p> <p>Texas Tumblers</p> <p>Thames Valley</p> <p>World Class Miami</p>

Session F14 Level 4 Stretch/Warm up 3:30pm	Session F15 Level 6 Stretch/Warm up 6:30pm
<p>Axis Gymnastics</p> <p>Courthouse Gymnastics</p> <p>Crossfire Gymnastics</p> <p>Edge Gymnastics LA</p> <p>Flip Gym Barbados</p> <p>Gihae Gymnastics</p> <p>Gravity Gymnastics</p> <p>GYMAR El Salvador</p> <p>Master's Gymnastics</p> <p>Morgan's Gymnastics</p> <p>North Florida Jax</p> <p>Quality Gymnastics</p> <p>Rise Gymnastics</p> <p>Roll & Twist</p> <p>Roots Gymnastics</p> <p>Silvia's Gymnastics</p> <p>Texas Tumblers</p> <p>Thames Valley</p> <p>World Class Miami</p>	<p>Axis Gymnastics</p> <p>Club Les Reflexes</p> <p>Flip Gym Barbados</p> <p>Gravity Gymnastics</p> <p>Gym Like This</p> <p>IGA Panama</p> <p>Legacy Athletics</p> <p>Master's Gymnastics</p> <p>Ninas Gymnastics</p> <p>Rise Gymnastics</p> <p>Southern Starz</p> <p>Suncoast Gymnastics</p> <p>Texas Tumblers</p> <p>Thames Valley</p>

Clubs in bold Green print entered individual athletes and the team competition

Clubs in black print have individual athletes competing at that level.

Questions? Contact Sharyn ASAP at sharyn@usacompetitions.com



2023 Qualifying event



INFORMATION LINKS

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[Spectator Admission Ticket Sales](#)

[Athlete \(minor\) Waiver](#) [Coach \(adult\) Waiver](#)

[ESPN Wide World of Sports Map](#)

[ESPN Wide World of Sports FAQ's](#)

****ALLOW AMPLE TIME FOR ARRIVAL****

Anticipate busy sports traffic leading into the complex and parking lot, a considerable walk to the venues and athlete/coach check in

ESPN WWS Special Event Admissions

Daily Rate

\$33.95 / Adult (10 + up)

\$18.14 / Children (3—9)

(under 3yrs. free)

Length of Event Pass

\$52.56/ Adult

\$30.70 / Children

(under 3yrs. free)

Advance Purchase Required



For event info and results, visit us on the web
www.USACompetitions.com

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