



2025 Qualifying event



*January 23rd Posting

February 14—17, 2025 at ESPN's Wide World of Sports®

USA Competitions is proud to host the 2025 Presidential Classic! The following items are enclosed:

1. General Event Information
2. Competition Schedule and Session Assignments in the [AdventHealth Arena](#) at ESPN's Wide World of Sports®

REVIEW YOUR ROSTER!

- The link to club rosters (in alphabetical order) is on the [Presidential Classic](#) web page. Carefully review your roster for session assignments, levels, spelling of names and missing USAG numbers. If a discrepancy is noticed, email us at info@usacompetitions.com (*errors are easily corrected*). Your club roster will always be considered the official session assignment document.

ATHLETE & COACH CHECK IN at [AdventHealth Arena](#)

- **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 prior to the event.
- *Athlete waivers must be submitted with the athlete present.*
- **EARLY ATHLETE & COACH CHECK IN HOURS** will be available on Thursday, Feb. 13th, between 2:00pm—7:00pm. Take advantage of this 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 registration check in.
- 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.

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 available to pick up at the music table at the beginning of each session. 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! Team Prizes: 1st Place \$200 / 2nd Place \$150 / 3rd Place \$100.

- *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 awarded for individual events. 100% All Around awarded. Top five teams awarded every session, all levels. In addition, Women's level 10 combined session "Super Team" awarded Saturday, following session R08.

NASTIA LIUKIN CUP QUALIFIERS: The Junior NL Cup qualifier will be announced following session R4 on Friday at approximately 10:00pm. The Senior NL Cup qualifier will be announced following session R8 on Saturday at approximately 10:00pm.

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

COACHES HOSPITALITY Coffee, tea and cooler water provided throughout the event (**bring a sports bottle to refill**). Concession vouchers that may be used towards meals at coaches' convenience will also be provided at check in.

HOTEL 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 MUST BE PRE-PURCHASED ONLINE ONLY! Purchase tickets [HERE](#). Daily rate: \$41.70 (age 10+), \$29.70 (ages 3-9). Length of Event: \$65.40 (10+), \$50.40 (3-9). ***EARLY LOE Admission* (available through 1/30/25) \$49.80 (age 10+), \$34.30 (ages 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,

Shane Cummings
Meet Director

Sharyn Strickland
Director of Operations

Taylor Aucoin
Asst. Event Coordinator

Gary Anderson
Floor Manager



RED GYM —FRIDAY, FEBRUARY 14

Capitol Cup - Women



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

Session R01 Level 8 Stretch/Warm up 8:00am	Session R02 Level 9 Stretch/Warm up 11:30am
EGA MA Esme Gymnastics ETC Gym TN Go For The Gold Golden City Head Over Heels NJ Isla Lanzarote J.A.G. Nebraska Twisters Nova Gymnastics FL Prestige Gym PA Red River Valley Russell Gymnastics Silvia's Gymnastics Sisters Gym Academy Team Elite	Brandy Johnson's Charleston Twisters Christi's Gymnastics Coast Elite Go For The Gold Harbor City Head Over Heels NJ Isla Lanzarote M and M Gymnastics Mercury Gymnastics Nova Gymnastics FL Olympus Gymnastics Red River Valley Sonshine Gymnastics World Class NY

Session R03 Level 10 JR Stretch/Warm up 3:00pm	Session R04 Level 10 JR & Xcel Sapphire Stretch/Warm up 6:30pm				
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Bull City Gymnastics Charleston Twisters Club Les Reflexes CO-OP Gymnastics EGA MA ENA Paramus Esme Gymnastics Golden City Gymnastics USA </td> <td style="width: 50%; border: none;"> M and M Gymnastics Metro South Nebraska Twisters Peoria Elite Prestige Gym PA Southeastern Team Twisters World Class Jax Yellow Jackets </td> </tr> </table>	Bull City Gymnastics Charleston Twisters Club Les Reflexes CO-OP Gymnastics EGA MA ENA Paramus Esme Gymnastics Golden City Gymnastics USA	M and M Gymnastics Metro South Nebraska Twisters Peoria Elite Prestige Gym PA Southeastern Team Twisters World Class Jax Yellow Jackets	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Brandy Johnson's Carolina Gymnastics Five-Star OH Gym Unlimited FL Gymnastic World FM J.A.G. LaFleur's Tampa Mercury Gymnastics Nova Gymnastics FL Olympus Gymnastics </td> <td style="width: 50%; border: none;"> Park Avenue Perfect Balance NC Silvia's Gymnastics Sonshine Gymnastics SUCCESS Gymnastics Team Elite Vi Gymnast World Class NY Xcel Sapphire Carolina Gymnastics Jump Around World Class Jax World Class NY </td> </tr> </table>	Brandy Johnson's Carolina Gymnastics Five-Star OH Gym Unlimited FL Gymnastic World FM J.A.G. LaFleur's Tampa Mercury Gymnastics Nova Gymnastics FL Olympus Gymnastics	Park Avenue Perfect Balance NC Silvia's Gymnastics Sonshine Gymnastics SUCCESS Gymnastics Team Elite Vi Gymnast World Class NY Xcel Sapphire Carolina Gymnastics Jump Around World Class Jax World Class NY
Bull City Gymnastics Charleston Twisters Club Les Reflexes CO-OP Gymnastics EGA MA ENA Paramus Esme Gymnastics Golden City Gymnastics USA	M and M Gymnastics Metro South Nebraska Twisters Peoria Elite Prestige Gym PA Southeastern Team Twisters World Class Jax Yellow Jackets				
Brandy Johnson's Carolina Gymnastics Five-Star OH Gym Unlimited FL Gymnastic World FM J.A.G. LaFleur's Tampa Mercury Gymnastics Nova Gymnastics FL Olympus Gymnastics	Park Avenue Perfect Balance NC Silvia's Gymnastics Sonshine Gymnastics SUCCESS Gymnastics Team Elite Vi Gymnast World Class NY Xcel Sapphire Carolina Gymnastics Jump Around World Class Jax World Class NY				

Level 10 JR Age Division: All athletes born January 1, 2009 and later

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 us **ASAP** at info@usacompetitions.com



The Nastia Liukin Cup Qualifying JR Athlete will be awarded following session R4

Please visit the [NLCup FAQ webpage](#)

Level 10 combined sessions' top 3 "Super Teams" will be awarded following session R08 on Saturday

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



RED GYM —SATURDAY, FEBRUARY 15

Capitol Cup - Women



2025 Qualifying event

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

Session R05 Level 9 Stretch/Warm up 8:00am	Session R06 Level 10 SR Stretch/Warm up 11:30am
<p style="margin: 0;">Badger Gymnastics</p> <p style="margin: 0;">Bull City Gymnastics</p> <p style="margin: 0;">Campia Gymnastics</p> <p style="margin: 0;">CO-OP Gymnastics</p> <p style="margin: 0;">Five-Star OH</p> <p style="margin: 0;">Golden City</p> <p style="margin: 0;">Gymnastic World FM</p> <p style="margin: 0;">LaFleur's Tampa</p> <p style="margin: 0;">Prestige Gym PA</p> <p style="margin: 0;">Stumpf's Gymnastics</p> <p style="margin: 0;">SUCCESS Gymnastics</p> <p style="margin: 0;">Team Twisters</p> <p style="margin: 0;">Troy Gymnastics</p> <p style="margin: 0;">Ultimate Fusion</p> <p style="margin: 0;">Vi Gymnast</p> <p style="margin: 0;">World Class Jax</p>	<p style="margin: 0;">Atlanta North Stars</p> <p style="margin: 0;">Charleston Twisters</p> <p style="margin: 0;">Coast Elite</p> <p style="margin: 0;">CO-OP Gymnastics</p> <p style="margin: 0;">EGA MA</p> <p style="margin: 0;">Five-Star OH</p> <p style="margin: 0;">Go For The Gold</p> <p style="margin: 0;">GTCO</p> <p style="margin: 0;">Gym Unlimited FL</p> <p style="margin: 0;">Gymnastic World FM</p> <p style="margin: 0;">Harbor City</p> <p style="margin: 0;">Metro South</p> <p style="margin: 0;">Nebraska Twisters</p> <p style="margin: 0;">Nova Gymnastics FL</p> <p style="margin: 0;">Palm Coast</p> <p style="margin: 0;">Pioneer Gymnastics</p> <p style="margin: 0;">Red River Valley</p> <p style="margin: 0;">Russell Gymnastics</p> <p style="margin: 0;">Solid Rock Gym</p> <p style="margin: 0;">Southern Elite</p> <p style="margin: 0;">SUCCESS Gymnastics</p> <p style="margin: 0;">Team Attraction</p> <p style="margin: 0;">Team Elite</p> <p style="margin: 0;">Ultimate Fusion</p> <p style="margin: 0;">World Class Jax</p>

Session R07 Level 10 SR Stretch/Warm up 3:00pm		Session R08 Level 10 SR Stretch/Warm up 6:30pm
<p style="margin: 0;">Bull City Gymnastics</p> <p style="margin: 0;">Christi's Gymnastics</p> <p style="margin: 0;">ENA Paramus</p> <p style="margin: 0;">ETC Gym TN</p> <p style="margin: 0;">Golden City</p> <p style="margin: 0;">J.A.G.</p> <p style="margin: 0;">M and M Gymnastics</p> <p style="margin: 0;">Peoria Elite</p>	<p style="margin: 0;">Park Avenue (2)</p> <p style="margin: 0;">Prestige Gym PA</p> <p style="margin: 0;">Sisters Gym Academy</p> <p style="margin: 0;">Team Twisters (7)</p> <p style="margin: 0;">Vi Gymnast</p> <p style="margin: 0;">Victory Elite</p> <p style="margin: 0;">World Class NY</p> <p style="margin: 0;">Yellow Jackets</p>	<p style="margin: 0;">Brandy Johnson's</p> <p style="margin: 0;">Florida Elite</p> <p style="margin: 0;">LaFleur's Tampa</p> <p style="margin: 0;">Olympus Gymnastics</p> <p style="margin: 0;">Park Avenue (1)</p> <p style="margin: 0;">Perfect Balance NC</p> <p style="margin: 0;">Silvia's Gymnastics</p> <p style="margin: 0;">Sonshine Gymnastics</p> <p style="margin: 0;">Southeastern</p> <p style="margin: 0;">Team Twisters (7)</p>

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

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Teams with Level 10 athletes that are split into multiple SR Level 10 sessions

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

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

The Nastia Liukin Cup Qualifying JR Athlete will be awarded following session R4

Please visit the [NLCup FAQ webpage](#)

Level 10 combined sessions' top 3 "Super Teams" will be awarded following session R08 on Saturday

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RED GYM —SUNDAY, FEBRUARY 16

Capitol Cup - Women

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

Session R09 Xcel Silver Stretch/Warm up 8:00am	Session R10 Xcel Bronze Stretch/Warm up 10:15am
Adrenaline CN All Pro Gym ARK Wings Gym Champions SC FGTC Gold Medal Gyms Gymnastics Inc High Flyers Perfect Balance NC Southeastern	Adrenaline CN All Pro Gym Bermuda Gymnastics Coastal Hilton Head FGTC Gold Medal Gyms Gymnastics Inc High Flyers Southeastern

Session R11 Level 7 Stretch/Warm up 12:30pm	Session R12 Level 8 Stretch/Warm up 3:30pm	Session R13 Level 8 Stretch/Warm up 6:45pm
Brandy Johnson's Bull City Gymnastics Club Les Reflexes Coast Elite Dynamic NY EGA MA ENA Paramus FGTC Olympus Gymnastics Solid Rock Gymnastics Sonshine Gymnastics Southeastern Unity Athletics World Class NY	All Pro Gym Brandy Johnson's Coast Elite Dynamic NY FGTC Olympus Gymnastics Sonshine Gymnastics Southeastern Unity Athletics World Class NY	ARK Wings Gym Bull City Gymnastics Champions SC EVO Gymnastics GAO Academy Gym For All, PR Gymnastics USA Harbor City Jump Around M and M Gymnastics Park Avenue Solid Rock Gym Stumpf's Gymnastics Troy Gymnastics Ultimate Fusion Victory Elite Zee's Gymnastics

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RED GYM —MONDAY, 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 R14 Level 7 Stretch/Warm up 8:00am	Session R15 Level 6 Stretch/Warm up 11:00am	Session R16 Xcel Silver Stretch/Warm up 2:00pm
Adrenaline CN All Pro Gym Campia Gymnastics Charleston Twisters Christi's Gymnastics Golden City Gym For All, PR M and M Gymnastics Prestige Gym PA Rise Gymnastics Zee's Gymnastics	Adrenaline CN All Pro Gym Campia Gymnastics Golden City Gym For All, PR Gymnastic World FM Harbor City HPA North Port Gym Park Avenue Prestige Gym PA Provo Gymnastics	Browns Gym Orbit Gymnastic World FM Jump'In Gymnastics Metro South North Port Gym Nova Gymnastics FL Tumblebees C. Gables

Session R17 Level 3 Stretch/Warm up 4:00pm	Session R18 Levels 4 & 5 Stretch/Warm up 6:45pm	
Adrenaline CN ARK Wings Gym Esme Gymnastics ETC Gym TN Gym For All, PR High Flyers Island Dance & Gym Perla Aruba Provo Gymnastics TNT Kids Fitness Troy Gymnastics Vi Gymnast	<u>Level 4</u> Adrenaline CN EGA MA ETC Gym TN High Flyers HPA Perla Aruba	<u>Level 5</u> Adrenaline CN EGA MA Esme Gymnastics ETC Gym TN Gym For All, PR High Flyers Perla Aruba Quetzaltenango Vi Gymnast

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WHITE GYM — FRIDAY, FEBRUARY 14

Capitol Cup - Women

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

Session W01 Xcel Bronze Stretch/Warm up 8:00am	Session W02 Xcel Silver Stretch/Warm up 10:15am	Session W03 Xcel Gold Stretch/Warm up 12:45pm
<p style="text-align: center;">Boxborough</p> <p style="text-align: center;">Browns Gym Orbit</p> <p style="text-align: center;">EVO Gymnastics</p> <p style="text-align: center;">Gymfinity Sports</p> <p style="text-align: center;">Gymnastics USA</p> <p style="text-align: center;">HW Regionettes</p> <p style="text-align: center;">Metro South</p> <p style="text-align: center;">Sunny Gymnastics</p> <p style="text-align: center;">Unity Athletics</p>	<p style="text-align: center;">Balance Gym PA</p> <p style="text-align: center;">Boxborough</p> <p style="text-align: center;">EVO Gymnastics</p> <p style="text-align: center;">Five-Star OH</p> <p style="text-align: center;">GTCO</p> <p style="text-align: center;">Gym World Naples</p> <p style="text-align: center;">Gymfinity Sports</p> <p style="text-align: center;">Gymnastics USA</p> <p style="text-align: center;">Sunny Gymnastics</p> <p style="text-align: center;">Unity Athletics</p> <p style="text-align: center;">Victory Elite</p>	<p style="text-align: center;">Balance Gym PA</p> <p style="text-align: center;">Bermuda Gymnastics</p> <p style="text-align: center;">Browns Gym Orbit</p> <p style="text-align: center;">Esme Gymnastics</p> <p style="text-align: center;">EVO Gymnastics</p> <p style="text-align: center;">Five-Star OH</p> <p style="text-align: center;">GTCO</p> <p style="text-align: center;">Gymfinity Sports</p> <p style="text-align: center;">HW Regionettes</p> <p style="text-align: center;">Perfect Balance NC</p> <p style="text-align: center;">Sunny Gymnastics</p> <p style="text-align: center;">Unity Athletics</p> <p style="text-align: center;">Victory Elite</p>

Session W04 Level 7 Stretch/Warm up 3:15pm	Session W05 Level 8 Stretch/Warm up 6:45pm
<p style="text-align: center;">Champions, CN</p> <p style="text-align: center;">Five-Star OH</p> <p style="text-align: center;">Go For The Gold</p> <p style="text-align: center;">Gym Unlimited FL</p> <p style="text-align: center;">Head Over Heels NJ</p> <p style="text-align: center;">High Flyers</p> <p style="text-align: center;">J.A.G.</p> <p style="text-align: center;">Laval-Excellence</p> <p style="text-align: center;">Metro South</p> <p style="text-align: center;">Nova Gymnastics FL</p> <p style="text-align: center;">Nova Gymnastics TX</p> <p style="text-align: center;">Pioneer Gymnastics</p> <p style="text-align: center;">Red River Valley</p> <p style="text-align: center;">Russell Gymnastics</p> <p style="text-align: center;">Sisters Gym Academy</p> <p style="text-align: center;">SUCCESS Gymnastics</p> <p style="text-align: center;">Team Attraction</p> <p style="text-align: center;">Team Twisters</p> <p style="text-align: center;">Vi Gymnast</p> <p style="text-align: center;">Victory Elite</p>	<p style="text-align: center;">Club Les Reflexes</p> <p style="text-align: center;">ENA Paramus</p> <p style="text-align: center;">Five-Star OH</p> <p style="text-align: center;">Gym Unlimited FL</p> <p style="text-align: center;">High Flyers</p> <p style="text-align: center;">HW Regionettes</p> <p style="text-align: center;">Laval-Excellence</p> <p style="text-align: center;">Mercury Gymnastics</p> <p style="text-align: center;">Metro South</p> <p style="text-align: center;">Nova Gymnastics TX</p> <p style="text-align: center;">Peoria Elite</p> <p style="text-align: center;">Pioneer Gymnastics</p> <p style="text-align: center;">Team Attraction</p> <p style="text-align: center;">Team Twisters</p> <p style="text-align: center;">TEGA</p>

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

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

Questions? Contact us **ASAP** at info@usacompetitions.com



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WHITE GYM — SATURDAY, FEBRUARY 15

Capitol Cup - Women

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

Session W06 Level 9 Stretch/Warm up 8:00am	Session W07 Level 9 Stretch/Warm up 11:30am	Session W08 Xcel Platinum Stretch/Warm up 3:00pm
<p style="text-align: center; color: purple;">EGA MA</p> <p>Esme Gymnastics Gym Unlimited FL J.A.G. Jump Around Laval-Excellence Metro South Park Avenue Perfect Balance NC Russell Gymnastics Team Attraction Team Elite Yellow Jackets</p>	<p style="text-align: center; color: purple;">Dynamic NY</p> <p>ENA Paramus ETC Gym TN GGAC Gymfinity Sports Jump'In Gymnastics North Port Gym Peoria Elite Silvia's Gymnastics Sisters Gym Academy Sun Country Team Twisters TNT Kids Fitness Victory Elite Zee's Gymnastics</p>	<p>Atlanta North Stars Balance Gym PA Carolina Gymnastics Champions SC Coast Elite Dynamic NY Five-Star OH Gold Medal Gyms GTCO Gymfinity Sports Gymnastic World FM Premier FL Red River Valley Southeastern Southern Elite Sunny Gymnastics Victory Elite Yellow Jackets</p>

Session W09 Xcel Diamond Stretch/Warm up 6:15pm	
<p>Atlanta North Stars Balance Gym PA Carolina Gymnastics Champions SC Charleston Twisters Coast Elite Dynamic NY FGTC Gold Medal Gyms GTCO Gymfinity Sports Gymnastic World FM Jump Around</p>	<p>Jump'In Gymnastics North Port Gym Premier FL Red River Valley Skye High Southeastern Southern Elite Twist N Flip Unity Athletics World Class Jax World Class NY Yellow Jackets</p>

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WHITE GYM — SUNDAY, FEBRUARY 16

Capitol Cup - Women

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

Session W10 Level 2 Stretch/Warm up 8:00am	Session W11 Level 3 Stretch/Warm up 10:15am	Session W12 Levels 4 & 5 Stretch/Warm up 12:45pm	
<p style="text-align: center;">Axis Gymnastics</p> <p style="text-align: center;">Carolina Gymnastics</p> <p style="text-align: center;">Champions, CN</p> <p style="text-align: center;">Charleston Twisters</p> <p style="text-align: center;">Five-Star OH</p> <p style="text-align: center;">GTCO</p> <p style="text-align: center;">Gym For All, Jamaica</p> <p style="text-align: center;">Gym For All, PR</p> <p style="text-align: center;">Gym World Naples</p> <p style="text-align: center;">GYMAR EI Salvador</p> <p style="text-align: center;">Gymnastic World FM</p> <p style="text-align: center;">Jump'In Gymnastics</p> <p style="text-align: center;">Provo Gymnastics</p> <p style="text-align: center;">SanKris Gymnastics</p> <p style="text-align: center;">Southern Elite</p> <p style="text-align: center;">Victory Elite</p>	<p style="text-align: center;">Carolina Gymnastics</p> <p style="text-align: center;">Champions, CN</p> <p style="text-align: center;">Charleston Twisters</p> <p style="text-align: center;">GAO Academy</p> <p style="text-align: center;">GTCO</p> <p style="text-align: center;">Gym For All, Jamaica</p> <p style="text-align: center;">Gym World Naples</p> <p style="text-align: center;">Gymfinity Sports</p> <p style="text-align: center;">Gymnastic World FM</p> <p style="text-align: center;">Jump'In Gymnastics</p> <p style="text-align: center;">Red River Valley</p> <p style="text-align: center;">Southern Elite</p> <p style="text-align: center;">Victory Elite</p> <p style="text-align: center;">Zee's Gymnastics</p>	<p style="text-align: center;">Level 4</p> <p style="text-align: center;">All Pro Gym</p> <p style="text-align: center;">Arabesque</p> <p style="text-align: center;">Campia Gymnastics</p> <p style="text-align: center;">Champions, CN</p> <p style="text-align: center;">Gym World Naples</p> <p style="text-align: center;">Princeton Gymnastics</p> <p style="text-align: center;">Red River Valley</p> <p style="text-align: center;">Southern Elite</p> <p style="text-align: center;">TNT Kids Fitness</p> <p style="text-align: center;">Victory Elite</p> <p style="text-align: center;">Zee's Gymnastics</p>	<p style="text-align: center;">Level 5</p> <p style="text-align: center;">Arabesque</p> <p style="text-align: center;">Campia Gymnastics</p> <p style="text-align: center;">Carolina Gymnastics</p> <p style="text-align: center;">Charleston Twisters</p> <p style="text-align: center;">GGAC</p> <p style="text-align: center;">Gymnastic World FM</p> <p style="text-align: center;">Prestige Gym PA</p> <p style="text-align: center;">Red River Valley</p> <p style="text-align: center;">TNT Kids Fitness</p> <p style="text-align: center;">World Class Miami</p> <p style="text-align: center;">Yellow Jackets</p> <p style="text-align: center;">Zee's Gymnastics</p>
Session W13 Level 7 Stretch/Warm up 3:45pm		Session W14 Level 8 Stretch/Warm up 6:45pm	
<p style="text-align: center;">Arabesque</p> <p style="text-align: center;">Atlanta North Stars</p> <p style="text-align: center;">Esme Gymnastics</p> <p style="text-align: center;">GGAC</p> <p style="text-align: center;">Gym World Naples</p> <p style="text-align: center;">Gymnastic World FM</p> <p style="text-align: center;">Gymnika</p> <p style="text-align: center;">LaFleur's Tampa</p> <p style="text-align: center;">North Port Gym</p> <p style="text-align: center;">Palm Coast</p> <p style="text-align: center;">Perfect Balance NC</p> <p style="text-align: center;">Pictou County Saltos</p> <p style="text-align: center;">Premier FL</p> <p style="text-align: center;">Stumpf's Gymnastics</p> <p style="text-align: center;">Sun Country</p> <p style="text-align: center;">Yellow Jackets</p>		<p style="text-align: center;">Atlanta North Stars</p> <p style="text-align: center;">Badger Gymnastics</p> <p style="text-align: center;">Campia Gymnastics</p> <p style="text-align: center;">GTCO</p> <p style="text-align: center;">Gym World Naples</p> <p style="text-align: center;">Gymnastic World FM</p> <p style="text-align: center;">Gymnika</p> <p style="text-align: center;">HPA</p> <p style="text-align: center;">LaFleur's Tampa</p> <p style="text-align: center;">North Port Gym</p> <p style="text-align: center;">Palm Coast</p> <p style="text-align: center;">Perfect Balance NC</p> <p style="text-align: center;">Premier FL</p> <p style="text-align: center;">Sun Country</p> <p style="text-align: center;">Yellow Jackets</p>	

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WHITE GYM — MONDAY, 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 W15 Level 7 Stretch/Warm up 8:00am	Session W16 Level 6 Stretch/Warm up 11:00am	Session W17 Level 2 Stretch/Warm up 2:15pm
ARK Wings Gym Badger Gymnastics Carolina Gymnastics ETC Gym TN GAO Academy Gymnastics USA Gyros Gymnastics Harbor City HPA Kanata Gymnosphere Maximum Velocity Park Avenue TNT Kids Fitness Troy Gymnastics Ultimate Fusion	ARK Wings Gym Badger Gymnastics Carolina Gymnastics Christi's Gymnastics GAO Academy Gymnastics USA Gyros Gymnastics Kanata Gymnosphere Maximum Velocity New Wave Gymnastics Riptide Gymnastics Team Elite TNT Kids Fitness Troy Gymnastics Ultimate Fusion	All Pro Gym ARK Wings Gym Club Carbonell EnVision Gymnastics GAO Academy Gymfinity Sports High Flyers Island Dance & Gym Kanata Gymnosphere New Wave Gymnastics Perla Aruba Quetzaltenango Riptide Gymnastics Rumania Galindo Vi Gymnast Zee's Gymnastics

Session W18 Xcel Gold Stretch/Warm up 4:15pm	Session W19 Xcel Platinum Stretch/Warm up 6:45pm
Adrenaline CN All Pro Gym GAO Academy Gymnastic World FM Gyros Gymnastics Jump'In Gymnastics Metro South North Port Gym Nova Gymnastics FL Rise Gymnastics Tumblebees C. Gables Twist N Flip	All Pro Gym Gymnastics USA Jump Around Jump'In Gymnastics KC Elite Metro South New Wave Gymnastics North Port Gym Nova Gymnastics FL Palm Coast Park Avenue Rise Gymnastics TNT Kids Fitness Tumblebees C. Gables Twist N flip

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

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

Questions? Contact us **ASAP** at info@usacompetitions.com



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BLUE GYM — FRIDAY, FEBRUARY 14

Capitol Cup - Men

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

Session B01 Levels 3 & Xcel Silver Men Stretch/Warm up 8:00am		Session B02 Level 4 Men Stretch/Warm up 11:15am	
<p style="text-align: center;"><u>Level 3D1</u></p> <p>ACE Gymnastics FL Apollo FL Club Carbonell EVO Gymnastics Gymnastics USA Jump'In Gymnastics Park Avenue Quetzaltenango World Class Miami Zee's Gymnastics</p>	<p style="text-align: center;"><u>Level 3D2</u></p> <p>Apollo FL Charleston Twisters EVO Gymnastics Golden City Gym For All, PR Park Avenue Quetzaltenango</p> <p style="text-align: center;"><u>Xcel Silver</u></p> <p>ACE Gymnastics FL</p>	<p style="text-align: center;"><u>Level 4D1</u></p> <p>ACE Gymnastics FL Charleston Twisters Club Carbonell EVO Gymnastics Gymnastics USA Jump'In Gymnastics Metro South Quetzaltenango Red River Valley Rise Gymnastics Zee's Gymnastics</p>	<p style="text-align: center;"><u>Level 4D2</u></p> <p>Charleston Twisters Gimnastico Acrogym Golden City Gym For All, PR Metro South</p>

Session B03 Levels 5 & 6 Men Stretch/Warm up 2:15pm		Session B04 Levels 7/8/9/10/XP Men Stretch/Warm up 5:30pm	
<p style="text-align: center;"><u>5D1</u></p> <p>Charleston Twisters EVO Gymnastics Golden City Gymnastics USA Jump Around Jump'In Gymnastics Park Avenue Red River Valley</p> <p style="text-align: center;"><u>5D2</u></p> <p>ACE Gymnastics FL Club Carbonell EVO Gymnastics Golden City Metro South Park Avenue</p>	<p style="text-align: center;"><u>6D1</u></p> <p>EVO Gymnastics Gymnastics USA</p> <p style="text-align: center;"><u>6E</u></p> <p>ACE Gymnastics FL EVO Gymnastics Gymnastics USA</p>	<p style="text-align: center;"><u>Level 7</u></p> <p>ACE Gymnastics FL Charleston Twisters Park Avenue</p> <p style="text-align: center;"><u>Level 8</u></p> <p>ACE Gymnastics FL Charleston Twisters Golden City Metro South</p>	<p style="text-align: center;"><u>Level 9</u></p> <p>ACE Gymnastics FL Golden City Jump'In Gymnastics Metro South Park Avenue Red River Valley</p> <p style="text-align: center;"><u>Level 10</u></p> <p>Metro South Park Avenue</p>

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

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BLUE GYM — SATURDAY, FEBRUARY 15

Capitol Cup - Women

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

Session B05 Xcel Silver Stretch/Warm up 8:00am	Session B06 Xcel Bronze Stretch/Warm up 10:30am	Session B07 Xcel Gold Stretch/Warm up 1:00pm
Carolina Gymnastics Charleston Twisters Coastal Hilton Head Quality Gymnastics Skye High Southern Elite Team Twisters Zee's Gymnastics	Carolina Gymnastics Champions, CN Skye High Team Twisters Tumblebees C. Gables	Carolina Gymnastics Skye High Team Twisters TNT Kids Fitness

Session B08 Level 6 Stretch/Warm up 3:45pm	Session B09 Level 6 Stretch/Warm up 6:45pm
Charleston Twisters Coastal Hilton Head FGTC GGAC Go For The Gold High Flyers Jump'In Gymnastics Palm Coast Perfect Balance NC Pioneer Gymnastics Solid Rock Gym SUCCESS Gymnastics Team Attraction Team Twisters Unity Athletics VI Gymnast Zee's Gymnastics	Arabesque Bermuda Gymnastics Club Les Reflexes EVO Gymnastics Five-Star OH Gym World Naples J.A.G. LaFleur's Tampa Laval-Excellence Nova Gymnastics TX Olympus Gymnastics Pictou County Saltos Russell Gymnastics Victory Elite

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 — SUNDAY, FEBRUARY 16

Capitol Cup - Women

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

Session B10 Level 6 Stretch/Warm up 8:00am	Session B11 Level 4 Stretch/Warm up 11:00am	Session B12 Xcel Gold Stretch/Warm up 2:15pm
Champions, CN Coast Elite Dynamic NY Eagles Wings GTCO Gymfinity Sports Isla Lanzarote Premier FL Sonshine Gymnastics Southeastern Southern Elite Stumpf's Gymnastics World Class Miami Yellow Jackets	Axis Gymnastics TX Esme Gymnastics Eagles Wings Five-Star OH Gimnastico Lucerito Gym For All, PR GYMAR EI Salvador J.A.G. New Wave Gymnastics Quetzaltenango Stumpf's Gymnastics Vi Gymnast Yellow Jackets	Champions SC Coastal Hilton Head Eagles Wings Gold Medal Gyms Gymnastics Inc Gymnastics USA Island Dance & Gym Quality Gymnastics Southeastern Yellow Jackets

Session B13 Level 1 Stretch/Warm up 5:00pm	Session B14 Level 3 Stretch/Warm up 7:00pm
ARK Wings Gym Axis Gymnastics TX Carolina Gymnastics Eagles Wings Gimnastico Lucerito Gym For All, Jamaica Gym For All, PR GYMAR EI Salvador Gyros Gymnastics High Flyers New Wave Gymnastics Perla Aruba Provo Gymnastics Quetzaltenango Rumania Galindo SanKris Gymnastics Victory Elite	All Pro Gym Axis Gymnastics TX Club Carbonell Eagles Wings EnVision Gymnastics Five-Star OH GYMAR EI Salvador Gyros Gymnastics Kanata Gymnosphere New Wave Gymnastics Rumania Galindo Yellow Jackets

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

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BLUE GYM — MONDAY, 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 B15 Level 6 Stretch/Warm up 8:00am	Session B16 Xcel Bronze Stretch/Warm up 11:15am	Session B17 Xcel Silver Stretch/Warm up 1:45pm
Apollo VA Atlanta North Stars Brandy Johnson's Bull City Gymnastics ENA Paramus Esme Gymnastics Gym Unlimited FL Metro South Nova Gymnastics FL Rumania Galindo	Atlanta North Stars Jump Around Nova Gymnastics FL Palm Coast Paradise MA Premier FL Rise Gymnastics World Class Miami	Atlanta North Stars Esme Gymnastics Jump Around Palm Coast Paradise MA Premier FL Rise Gymnastics Twist N Flip World Class Miami

Session B18 Xcel Gold Stretch/Warm up 4:15pm	Session B19 Level 4 Stretch/Warm up 7:00pm
Atlanta North Stars Jump Around Maximum Velocity Palm Coast Premier FL World Class Miami Zee's Gymnastics	ARK Wings Gym Carolina Gymnastics Charleston Twisters Club Carbonell Club Les Reflexes EnVision Gymnastics GAO Academy GGAC GTCO Gymfinity Sports Kanata Gymnosphere Prestige Gym PA Provo Gymnastics Troy Gymnastics

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(under 3yrs. free)

Length of Event Admission

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(under 3yrs. free)

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