



2023 Qualifying event



\*December 16th posting

## 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](mailto: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 are two JR sessions on Friday and three SR sessions on Saturday. Carefully check your roster for L10 session assignments for each age group. A club may be divided into more than one JR, or more than one SR session. Email [Sharyn@usacompetitions.com](mailto: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](http://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 1<sup>st</sup>-3<sup>rd</sup> PLACE TEAM every session!** Optional Team Prizes: 1st Place \$200 / 2nd Place \$150 / 3rd Place \$100.  
Compulsory Team Prizes: 1<sup>st</sup> Place \$100 / 2<sup>nd</sup> Place \$80 / 3<sup>rd</sup> 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](mailto:Sharyn@usacompetitions.com)

Shane Cummings  
Event Coordinator

Gary Anderson  
Event Floor Manager



# RED GYM (ARENA) —FRIDAY, FEBRUARY 17

## 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.

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

<b>Session R3</b> <b>Level 10 JR</b> Stretch/Warm up 3:00pm		<b>Session R4</b> <b>Level 10 JR</b> Stretch/Warm up 6:30pm
<b>ACE Gymnastics FL</b> <b>Atlanta North Stars</b> <b>Brandy Johnson's (5)</b> <b>Classic Chanhassen</b> <b>Coast Elite</b> <b>Edge Gymnastics LA</b> <b>Edge Gymnastics MO</b> <b>ETC Gym TN</b> <b>FGTC</b> <b>Flight Gymnastics MX</b> <b>Galaxy Gymnastics NY</b> <b>G-Force Gym Academy</b> <b>GMS Gymnastics</b> <b>Golden City</b>	<b>Helix Athletics</b> <b>JAG</b> <b>LGA</b> <b>Mercury Gymnastics</b> <b>Metro South</b> <b>NAAG</b> <b>North Florida Jax</b> <b>Olympika Gymnastics</b> <b>Sarasota Gymnastics</b> <b>Silvia's Gymnastics</b> <b>Sonshine Gymnastics (7)</b> <b>Starlight Gymnastics</b> <b>United Gymnastics IL</b> <b>World Class Jax</b>	<b>American Twisters</b> <b>Brandy Johnson's (4)</b> <b>CGI</b> <b>Chow's Gymnastics</b> <b>ENA Paramus</b> <b>Florida Elite</b> <b>LaFleur's Tampa</b> <b>North Stars NJ</b> <b>Premier NE</b> <b>Sonshine Gymnastics (6)</b> <b>Southeastern</b> <b>World Class NY</b>

**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](mailto: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](mailto: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 Level 10 Nastia Liukin Cup Qualifying JR Athlete will be awarded following session R4 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.

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

<b>Session R7</b> <b>Level 10 SR</b> <b>Stretch/Warm up 3:00pm</b>	<b>Session R8</b> <b>Level 10 SR</b> <b>Stretch/Warm up 6:30pm</b>
<b>ACE Gymnastics FL</b> <b>American Twisters (7)</b> <b>Atlanta North Stars</b> <b>CGI (4)</b> <b>Edge Gymnastics MO</b> <b>Galaxy Gymnastics NY</b> <b>G-Force Gym Academy</b> <b>JAG</b> <b>LGA</b> <b>Metro South</b> <b>North Stars NJ (5)</b> <b>Ocean Tumblers</b> <b>Premier NJ</b> <b>Silvia's Gymnastics</b> <b>Sonshine Gymnastics (7)</b> <b>United Gymnastics IL</b>	<b>American Twisters (8)</b> <b>Brandy Johnson's</b> <b>CGI (5)</b> <b>Chow's Gymnastics</b> <b>ENA Paramus</b> <b>Florida Elite</b> <b>Genie's Gymnastics</b> <b>Golden City</b> <b>LaFleur's Tampa</b> <b>North Stars NJ (5)</b> <b>Premier NE</b> <b>Sonshine Gymnastics (7)</b> <b>Southeastern</b>

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

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

**\*\*\*\*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](mailto: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.

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

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

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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 Level 8	Session W2 Level 3	Session W3 Level 4
Stretch/Warm up 8:00am	Stretch/Warm up 10:45am	Stretch/Warm up 1:30pm
Acrosmith Gymnastics Beaches 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 <b>Columbus Gym Academy</b> 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 <b>Coastal Gymnastics</b> <b>Dynamic NY</b> <b>Element Gymnastics</b> ETC Gym TN Flip-Flop Gymnastics Grand Traverse Bay GTC Simsbury GTCO <b>Gymfinity Ecuador</b> <b>IGA Panama</b> <b>Metro South</b> <b>Mountain Gym Academy</b> Nishida's Gymnastics Rowland/Ballard TAG TX TEGA The Peach Pit

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

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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.

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

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

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Clubs in black print have individual athletes competing at that level.  
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# WHITE 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 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
<b>Athens Clarke</b> <b>Atlanta North Stars</b> <b>Boca Twisters</b> <b>FGTC</b> <b>Golden City</b> <b>Gym Kidz NMB</b> <b>Houston Gym Center</b> <b>Metro South</b> <b>Sarasota Gymnastics</b> <b>World Class Miami</b>	<b>Atlanta North Stars</b> <b>Boca Twisters</b> <b>Edge Athletics</b> <b>Gym Kidz NMB</b> <b>Houston Gym Center</b> <b>Lakewood Ranch</b> <b>World Class Miami</b> <b>ZGA</b>	<b>Atlanta North Stars</b> <b>Bloomfield</b> <b>Boca Twisters</b> <b>Edge Athletics</b> <b>Gym Kidz NMB</b> <b>Gymstars Costa Rica</b> <b>Houston Gym Center</b> <b>Riverview Gymnastics</b> <b>Suncoast Gymnastics</b> <b>ZGA</b>

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

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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.

<b>Session B1</b>		
<b>Levels 3, Xcel Bronze, Xcel Silver</b>		
<b>Stretch/Warm up 1:00pm</b>		
<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	Tumblebees Jupiter	
The Victors		
Top Flight BSY		
Ultimate Gymnastics		
World Class Jax		

<b>Session B2</b>	
<b>Level 4</b>	
<b>Stretch/Warm up 4:45pm</b>	
<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	Tumblebees Jupiter
Islands YMCA	Western Mass
NAAG	
Top Flight BSY	
Tumblebees Jupiter	
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.

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

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

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

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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.

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

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

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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.

<b>Session S6</b> <b>Level 4</b> Stretch/Warm up 8:00am	<b>Session S7</b> <b>Xcel Gold</b> Stretch/Warm up 10:30am	<b>Session S8</b> <b>Xcel Silver</b> 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

<b>Session S9</b> <b>Level 6</b> Stretch/Warm up 3:30pm	<b>Session S10</b> <b>Xcel Diamond &amp; Sapphire</b> 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 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> Falcon Gymnastics PA 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.

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

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

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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.

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

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

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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.

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

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

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# FREEDOM GYM (VISA CENTER) — SUNDAY, FEBRUARY 19

## Capitol Cup - Women

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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
Club Colonia <b>Club Deportivo</b> Colegio Delta <b>Gihae Gymnastics</b> <b>Gimnasia Callao</b> <b>Gravity Gymnastics</b> <b>GYMAR El Salvador</b> <b>Gymfinity Ecuador</b> <b>Gymstars Costa Rica</b> <b>IGA Panama</b> Island Dance & Gym <b>Nishida's Gymnastics</b> <b>Olympika Gymnastics</b> <b>Quality Gymnastics</b> Roll & Twist	Club Colonia Club Deportivo <b>Gihae Gymnastics</b> <b>Gimnasia Callao</b> <b>Gravity Gymnastics</b> <b>GYMAR El Salvador</b> <b>Gymfinity Ecuador</b> <b>IGA Panama</b> Island Dance & Gym Nishida's Gymnastics <b>Olympika Gymnastics</b> <b>Quality Gymnastics</b> <b>Roll &amp; Twist</b> TAG TX	<b>AGTC</b> <b>Axis Gymnastics</b> <b>CFG</b> Colegio Delta <b>Crossfire Gymnastics</b> <b>EnVision Gymnastics</b> <b>Flip Gym Barbados</b> <b>Gihae Gymnastics</b> <b>Gravity Gymnastics</b> <b>GYMAR El Salvador</b> <b>Lone Star Gymnastics</b> <b>Morgan's Gymnastics</b> <b>Ninas Gymnastics</b> <b>Quality Gymnastics</b> <b>Rise Gymnastics</b> <b>Texas Tumblers</b> <b>Thames Valley</b> <b>World Class Miami</b>

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

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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**



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