



GYM A RED - Friday, February 26, 2021

Modified Capital Cup – Women Located in the Arena Doors Open at 7:00am

Session A1 USA Women Level 6 Stretch/Warm-up 8:00am

Alpha Gymnastics
Brandy Johnson's
Conxion*
Gymnastics Unlimited
Spirit Gymnastics
Stars Gymnastics*
Sun Country Gymnastics

Session A2

USA Women Level 6 & 7 Stretch/Warm-up 11:30am

Teams with gymnasts in both levels in same squad

Level 6

Gem State
International Gym – Bogota
International Gym – Miami
Magnitude 10.0
North Florida
Ozark Mountain
Paulding Gymnastics
Premier Gym – FL
RAD Gymnastics
Southeastern Elite

Tumbleweeds

Level 7

Alpha Gymnastics
Gem State
MEKS
Ozark Mountain
Paulding Gymnastics
RAD Gymnastics
Stars Gymnastics
Sun Country

Session A3 USA Women Level 7 Stretch/Warm-up 3:00pm

East Tennessee Gymnastics
Elite Gymnastics
FGTC
Gulf Coast
Gymnastics USA*
North Shore
Premier Athletics – TN*
Premier Gym – FL*
Tumbleweeds

Session A4 USA Women Level 6 Stretch/Warm-up 6:30pm

Bay City Gymnastics*
Elite Gymnastics
Golden City Gymnastics
Gulf Coast Gymnastics
Gymnastics Academy of Atlanta*
Premier Athletics – TN*
Southern Ohio

*two squads

Spectator Admission - Cash Adults \$20 per day Children (5-17) \$15 per day Parking \$10 per day

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GYM A RED - Saturday, February 27, 2021



Modified Capital Cup – Women Located in the Arena Doors Open at 7:00am

Session A5 USA Women Level 6 Stretch/Warm-up 8:00am

Boundless Gymnastics
Gulf Breeze Gymnastics
Gymnastics USA *
MEKS
North Port Gymnastics
Oconee Gymnastics
Park Avenue Gymnastics
Precision South
Victory Gymnastics

Session A6 USA Women Level 7 Stretch/Warm-up 11:30am

Brandy Johnson's Gymnastics
Broadway Gymnastics*
Conxion
Florida Elite Gymnastics
Leading Edge Gymnastics
Precision South
Reflex Gymnastics
Victory Gymnastics
World Class Gymnastics

Session A7

USA Women Level 6 & 7 Stretch/Warm-up 3:00pm

Teams with gymnasts in both levels in same squad

Level 6

Central Virginia
First Coast
Florida Elite
Gymnastic World Naples
International – Bogota
Naples Progressive
Nashville Gym
Nova Athletics
Reflex Gymnastics
Tift Gymnastics
Titanium Gymnastics

Level 7

Elite World
Gymnastic World Naples
Naples Progressive
Nashville
Nova Athletics
Sarasota Gymnastics
Titanium Gymnastics

Session A8 USA Women Level 6 Stretch/Warm-up 6:30pm

Coast Elite Gymnastics
Elite World
Gym Like This*
LaFleur's Tampa*
Leading Edge Gymnastics*
Sarasota Gymnastics
Southern Starz
SportsRock
Ultimate Gymnastics - PA

*two squads

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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Posted February 12,



GYM A RED - Sunday, February 28, 2021



Modified Capital Cup – Women Located in the Arena Doors Open at 7:00am

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

DGA Tampa
EVO Athletics
Orlando Gymnastics*
Orlando Metro*
Suncoast*
Tampa Gymnastics*
The Gymnastics Revolution*

Session A10
USA Women Level 7
Stretch/Warm-up 11:30am

Coast Elite Gymnastics
DGA Tampa
EVO Athletics
Golden City Gymnastics
Gym Like This
Intrepid Gymnastics
LaFleur's Tampa*
Orlando Metro*
The Gymnastics Revolution
Tampa Gymnastics

Session A11
USA Women Xcel Gold
Stretch/Warm-up 2:45pm

Ace Gymnastics
Elite World
Florida Elite*
Flight Gymnastics*
Lakewood Ranch*
Park Avenue
Sun Country
Tampa Bay Turners
Temple Terrace

*two squads

Spectator Admission - Cash Adults \$20 per day Children (5-17) \$15 per day Parking \$10 per day

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GYM B GREEN - Friday, February 26, 2021

Modified Capital Cup – Women Located in the Arena Doors Open at 7:00am

Session B1

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

Boundless Gymnastics
East Tennessee
Elite Gymnastics
Gulf Coast
Gymnastics Academy of Atlanta*
Magnitude 10.0
MEKS
North Shore Gymnastics
Premier Athletics - TN

Session B2

USA Women 9 Stretch/Warm-up 11:30am

Boundless Gymnastics
Brandy Johnson's*
Conxion
East Tennessee
Gulf Coast Gymnastics
Gymnastics Academy of Atlanta*
Gymnastics Unlimited
Gymnastics USA
Jet Gymnastics
MEKS
Palm Coast Gymnastics
Premier Athletics - TN

Session B3

USA Women Level 10 Stretch/Warm-up 3:00pm

Boundless
Brandy Johnson's
Conxion
Gulf Coast
Gymnastics Academy of Atlanta
Gymnastics Unlimited
International Gym – Miami
Jet Gymnastics
MEKS
Ozark Mountain
Premier Athletics – TN

Sun Country

Session B4

USA Women Level 7 and 8 Stretch/Warm-up 6:30pm

Teams with gymnasts in both levels in same squad

Level 7

Boundless Gymnastics
Flight Gymnastics
Higo Elite Gymnastics
Jet Gymnastics
Palm Coast
Park Avenue

Level 8

Brandy Johnson's
Conxion
Geronimo
Gymnastics USA
Higo Elite Gymnastics
International Miami – Bogota
International Gym – Miami
Jet Gymnastics
Leading Edge
North Florida
Palm Coast
Spirit
Tumbleweeds

*two squads

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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GYM B GREEN - Saturday, February 27, 2021 LIGHTNING CITY GYMN

Modified Capital Cup – Women Located in the Arena Doors Open at 7:00am

Session B5

USA Women Level 8 and 9 - Teams with gymnasts in both levels in same squad Stretch/Warm-up 8:00am

Level 8		Level 9	
Bayside	RAD	Elite World	Southeastern Elite
Broadway	Sarasota Gym	Golden City	Sun Country
CATS of Boulder	Southeastern Elite	Leading Edge	Tift
Florida Elite	Stars	North Florida	Tumbleweeds
FGTC	Sun Country	Paulding	West Broward
International Gold	West Broward	RAD	World Class
Paulding	WGV	Sarasota Gym	

Session B6

USA Women Level 9 and 10 - Teams with gymnasts in both levels in same squad Stretch/Warm-up 11:30am

Level 9		Level 10	
Coast Elite	Gulf Breeze	Central Virginia	Orlando Gymnastics
Dream Xtreme	Orlando Gymnastics	Elite Gymnastics	Park Avenue
Elite Gymnastics	Orlando Metro*	Flight	RAD
EVO Athletics	Park Avenue	FGTC	Sarasota
FGTC	Suncoast	International Gold	West Broward
Flight Gymnastics	The Gymnastics Revolution	Nashville	

Session B7 USA Women Level 10 Stretch/Warm-up 3:00pm

Coast Elite Gymnastics
Dream Xtreme
EVO Athletics
Golden City Gymnastics
Intensity Gymnastics
LaFleur's Tampa
Leading Edge Gymnastics
Orlando Metro
Precision South
Southern Starz

Session B8

USA Women Level 7 and 8 – Teams with gymnasts in both levels in same squad Stretch/Warm-up 6:30pm

Stretch/Warm-up 6:30pm				
Level 7	Level 8			
Apollo Gymnastics	Central Virginia			
First Coast	Dream Xtreme			
Gulf Breeze	EVO Athletics			
Gym Force	First Coast			
Oconee Gymnastics	Gym Force			
Suncoast Gymnastics	International – Bogota			
Tift Gymnastics	Nashville			
West Broward	Precision South			
	Tift			
	Victory			

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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^{*}two squads





GYM B GREEN - Sunday, February 28, 2021

Modified Capital Cup – Women Located in the Arena Doors Open at 7:00am

Session B9

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

Coast Elite Gymnastics*
Gym Like This
LaFleur's Tampa
Naples Progressive
Orlando Metro*
Park Avenue
Reflex Gymnastics
Southern Starz
South Florida

Session B10
USA Women Xcel Platinum
Stretch/Warm-up 11:30am

Ace Gymnastics
Flight Gymnastics
Florida Elite Gymnastics
Lakewood Ranch Gymnastics
Naples Progressive
North Florida
Park Avenue
Premier Gym – FL
West Broward*

Session B11
USA Women Level 8
Stretch/Warm-up 2:45pm

DGA
Golden City Gymnastics*
Gymnastics Unlimited*
Orlando Gymnastics
Suncoast
Tampa Gymnastics*
The Gymnastics Revolution

*two squads

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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GYM C BLUE - Friday, February 26, 2021

Modified Capital Cup – Women Located in the Exhibit Hall Doors Open at 7:00am

Session C1

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

Alpha Gymnastics
Bay City*
FGTC
First Coast*
Gymnastics USA
Jackson's
Southeastern Elite
WGV*

Session C2
USA Women Xcel Gold

Stretch/Warm-up 11:15am

East Tennessee
Elite Gymnastics*
Reflex Gymnastics*
Southern Ohio
Southern Starz
Spirit Gymnastics
Suncoast Gymnastics*

Session C3

USA Women Level Xcel Platinum & Diamond Stretch/Warm-up 2:30pm

Teams with gymnasts in both levels in same squad

	Teams with gymnasts in both levels in same squad					
Xcel Platinum		Xcel Diamond				
	East Tennessee*	Flight Gymnastics				
	Gem State	Golden City				
	Jacksons	MEKS				
	Ozark Mountain	Precision South				
	Palm Coast	Reflex				
	Reflex	Southern Starz				
	Southern Ohio	Suncoast Gymnastics				
	Suncoast Gymnastics					
	WGV					
	World Class*					

Session C4

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

Bayside Gymnastics
Golden City Gymnastics*
Gyminators
Gymnastics Plus
Ozark Mountain Gymnastics
Stars Gymnastics
Tampa Gymnastics*
World Class Gymnastics

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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^{*}two squads





GYM C BLUE - Saturday, February 27, 2021

Modified Capital Cup – Women Located in the Exhibit Hall Doors Open at 7:00am

> Session C5 USA Women Xcel Gold Stretch/Warm-up 8:00am

Gym Force
Gymnastics Academy of Atlanta*
International Gold – Crawfordville
Orlando Gymnastics
Palm Coast*
South Florida Gymnastics
Tift Gymnastics*

Session C6

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

Teams with gymnasts in both levels in same squad

Xcel Platinum

Boundless
CATS of Boulder
Gym Force
Gym Like This
Gymnastics USA
International Gold – Crawfordville
LaFleur's Tampa

Xcel Diamond

Bayside
Boundless
Gym Like This
International Gold – Crawfordville
North Port Gymnastics
South Florida Gymnastics
Ultimate Gymnastics - PA

Session C7

USA Women Xcel Gold Stretch/Warm-up 2:15pm

International Gold*
LaFleur's Tampa*
MEKS
Sarasota
The Gymnastics Revolution*
Victory*

Session C8

USA Women Xcel Platinum Stretch/Warm-up 5:30pm

Balance Gymnastics
Bay City Gymnastics*
Bayside Gymnastics*
FGTC
Golden City
International Gold
Tampa Gymnastics
The Gymnastics Revolution
Victory Gymnastics

Changes are in italics

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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Posted February 12,

^{*}two squads





GYM C BLUE - Sunday, February 28, 2021

Modified Capital Cup – Women Located in the Exhibit Hall Doors Open at 7:00am

Session C9

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

Balance Gymnastics
Coast Elite Gymnastics*
EVO Athletics
Gymnastics Unlimited
Nova Athletics
Premier Gymnastics*
Titanium Gymnastics
West Broward

Session C10

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

Ancient City
Bayside Gymnastics
Imagine Gymnastics
Precision South Gymnastics
South Florida Gymnastics
Ultimate Gymnastics

Session C11 All AAU Women Xcel Silver

All AAU women Acel Silver Stretch/Warm-up 2:15pm

ABGA
Ancient City
Bayside Gymnastics
Imagine Gymnastics
Reflex Gymnastics
South Florida Gymnastics
Ultimate Gymnastics - FL

*two squads

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GYM D YELLOW - Friday, February 26, 2021

Modified Traditional Format – Women Located in the Exhibit Hall Doors Open at 7:00am

Session D1

USA Women Level 1 and 2 Stretch/Warm-up 9:00am

Teams with gymnasts in both levels in same squad

Level 1

International-Bogota*
Orlando Gymnastics
Ozark Mountain

Level 2

Brandy Johnson's

Gulf Breeze

Gymnastic World Naples

Park Avenue*

International - Miami

Session D2

USA Women Level 3 Stretch/Warm-up 11:45am

Brandy Johnson's
Florida Elite
Gymnastic World Naples
International Miami
Park Avenue

Session D3
USA Women Level 4

Stretch/Warm-up 2:30pm

Golden City Gymnastics*
Gulf Breeze
Gymnastic World Naples
Higo Elite Gymnastics
Naples Progressive
North Florida Orange Park
Park Avenue
Paulding Gymnastics

Session D4

USA Women Level 4 and 5 Stretch/Warm-up 5:45pm

Teams with gymnasts in both levels in same squad

Level 4

Brandy Johnson's Florida Elite First Coast Level 5

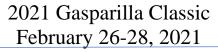
Florida Elite
International – Bogota
North Florida OP
Ozark Mountain
Precision South

*two squads

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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GYM D YELLOW - Saturday, February 27, 2021

Modified Traditional Format – Women Located in the Exhibit Hall Doors Open at 7:00am

Session D5

USA Women Level 1 and 2 Stretch/Warm-up 9:00am

Teams with gymnasts in both levels in same squad

Level 1

International – Bogota* Gem State International – Miami Tampa Bay Turners

Level 2

Boundless
Golden City
Intrepid
North Port
Orlando Gymnastics
Ultimate - PA

Session D6 USA Women Level 3 Stretch/Warm-up 11:45am

Gem State
Golden City Gymnastics
Intrepid
North Florida
North Port
Orlando Gymnastics
SportsRock*

Session D7

USA Women Level 4 Stretch/Warm-up 2:30pm

Boundless
Gem State
International Miami
Intrepid
North Florida Jax
North Port
Oconee
SportsRock
Suncoast
WGV

Session D8

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

Brandy Johnson's*
Elite Gymnastics
Golden City
International Gymnastics – Bogota
Intrepid
North Florida Jax
Suncoast
WGV

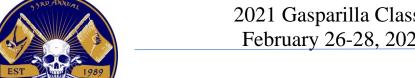
*two squads

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D YELLOW - Sunday, February 28, 2021

Modified Traditional Format – Women Located in the Exhibit Hall Doors Open at 7:00am

Session D9

All AAU Women Level 1 and 2 Xcel Bronze Stretch/Warm-up 9:00am

Level 1

SportsRock **World Class Gymnastics**

Level 2

SportsRock Tampa Gymnastics World Class

Xcel Bronze ARGA

Bayside Gymnastics South Florida Ultimate Gymnastics Session D10

All AAU Level 3 Stretch/Warm-up 11:45am

Naples Progressive North Florida OP **Precision South Gymnastics** Tampa Gymnastics World Class

Session D11

All AAU Level 4, 6, 7 Xcel Platinum, **Xcel Diamond** Stretch/Warm-up 2:30pm

Level 4

Tampa Gymnastics

Level 6

Ultimate Gymnastics - FL

Level 7

Ultimate Gymnastics - FL

Xcel Platinum

Imagine Gymnastics South Florida Gymnastics

Xcel Diamond

Bayside Gymnastics South Florida Gymnastics

Spectator Admission - Cash Adults \$20 per day Children (5-17) \$15 per day Parking \$10 per day

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^{*}two squads





GYM E PURPLE - Friday, February 26, 2021

Modified Traditional Format – Women Located in the Exhibit Hall Doors Open at 7:00am

Session E1

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

Alpha
East Tennessee
Flight
Golden City
Suncoast*

Session E2

USA Women Xcel Bronze Stretch/Warm-up 11:45am

FGTC
Flight
Golden City
Gymnastics Plus
Orlando Gymnastics
Ozark Mountain
Palm Coast
WGV

Session E3

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

First Coast*
Gymnastics Plus
Ozark Mountain
Spirit*

Session E4

USA Women Xcel Silver Stretch/Warm-up 5:30pm

Boundless*
FGTC
North Florida
Orlando Gymnastics
Southern Starz
Southeastern Elite
South Florida
WGV

Spectator Admission - Cash Adults \$20 per day Children (5-17) \$15 per day Parking \$10 per day

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^{*}two squads





GYM E PURPLE - Saturday, February 27, 2021

Modified Traditional Format – Women Located in the Exhibit Hall Doors Open at 7:00am

Session E5

USA Women Xcel Bronze Stretch/Warm-up 9:00am

Elite Gymnastics*
North Florida
Nova Athletics
Southeastern Elite
Stars
Suncoast
The Gymnastics Revolution

Session E6
USA Women Xcel Silver
Stretch/Warm-up 11:45am

Nova Athletics
Palm Coast
Stars
The Gymnastics Revolution
Victory*

Session E7

USA Women Xcel Bronze & Silver Stretch/Warm-up 2:30pm

Teams with gymnasts in both levels in same squad

Xcel Bronze	Xcel Silver	
Balance Gymnastics	Balance	
Gymnastics USA	Bay City	
Lakewood Ranch	Gym Force	
Tift Gymnastics	Gyminators	
	Gymnastics USA	

Session E8

USA Women Xcel Silver Stretch/Warm-up 5:30pm

> Elite Gymnastics Sarasota Gymnastics Tift Gymnastics Titanium

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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Posted February 12,

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GYM E PURPLE - Sunday, February 28, 2021

Modified Traditional Format – Women Located in the Exhibit Hall Doors Open at 7:00am

Session E9

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

Ace Gymnastics
Elite World
Florida Elite
Lakewood Ranch*
Sun Country
Tampa Bay Turners
Temple Terrace

Session E10

USA Women Xcel Bronze Stretch/Warm-up 11:45am

Elite World
Florida Elite
Premier Gymnastics*
South Florida
Sun Country
Tampa Bay Turners
Titanium*

Session E11 USA Women Xcel Silver

Stretch/Warm-up 2:30pm

Coast Elite*
EVO Athletics
Gymnastics Unlimited
Park Avenue
Premier Gymnastics
West Broward

Spectator Admission – Cash Adults \$20 per day Parking \$10 per day

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^{*}two squads