

We Are Strong - Jekyll Island

LR Productions

March 3, 2022 - March 6, 2022

Session 1: Level 6 (dob after 12/15/08)

Thursday, Mar 3, 2022

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:05 AM

Session 2: Level L6 (dob before 12/15/08) & Level 7

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:20 AM

March In: 11:40 AM

Awards: 2:50 PM

Session 3: Level 4s

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:05 PM

March In: 3:25 PM

Awards: 6:10 PM

Session 4: Gold (dob before 8/10/11)

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:25 PM

March In: 6:45 PM

Awards: 9:10 PM

Session 5: Gold (dob after 8/10/11) & Diamonds

Friday, Mar 4, 2022

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 11:00 AM

Session 6: Platinums

63 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 11:15 AM
March In: 11:35 AM
Awards: 2:30 PM

Session 7: Level 3s

55 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 2:45 PM
March In: 3:05 PM
Awards: 5:00 PM

Session 8: Silvers (10 & up)

57 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 5:15 PM
March In: 5:35 PM
Awards: 7:20 PM

Session 9: Level 2s & Silvers (9 & under)

Saturday, Mar 5, 2022

87 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:45 AM

Session 10: Bronze

74 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 11:00 AM
March In: 11:20 AM
Awards: 1:30 PM

Session 11: Levels 5 & 8

57 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 1:45 PM
March In: 2:05 PM
Awards: 4:40 PM

Session 12: Levels 9,10

44 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 4:55 PM
March In: 5:15 PM
Awards: 7:45 PM

Session 13: NGA 1,2,Silver

Sunday, Mar 6, 2022

60 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:20 AM

Session 14: NGA 3,4

66 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 10:35 AM
March In: 10:55 AM
Awards: 1:25 PM

Session 15: NGA Gold, Platinum

71 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 1:40 PM
March In: 2:00 PM
Awards: 4:40 PM

Session 16: NGA 6-10, Diamond

66 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 4:50 PM
March In: 5:10 PM
Awards: 8:45 PM