

Drop It Like It's Hot

LR Productions @ Sioux Falls, SD

January 7, 2022 - January 8, 2022

Session 1: All NGA

Saturday, Jan 8, 2022

22 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 2: Level 3, Bronze, Silver

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:35 PM

Session 3: Levels 4, 5, 6, Platinum & Diamond

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:55 PM

March In: 2:15 PM

Awards: 4:25 PM

Session 4: Levels 7-10 & Golds

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:45 PM

March In: 5:05 PM

Awards: 7:55 PM