

We Are Strong - Tulsa

LR Productions

January 27, 2023 - January 29, 2023

Session 1: Gold & Platinum

Friday, Jan 27, 2023

81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:00 PM

March In: 2:20 PM

Awards: 5:45 PM

Session 2: Level 5, 8 & Diamond

58 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:05 PM

March In: 6:25 PM

Awards: 9:05 PM

Session 3: Level 4 & Silver

Saturday, Jan 28, 2023

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:45 AM

March In: 9:05 AM

Awards: 11:55 AM

Session 4: Level 6

67 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 12:15 PM
March In: 12:35 PM
Awards: 3:15 PM

Session 5: Level 7

47 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 3:35 PM
March In: 3:55 PM
Awards: 6:15 PM

Session 6: Level 9, 10 & Sapphire

46 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 6:35 PM
March In: 6:55 PM
Awards: 9:15 PM

Session 7: Level 2,3, Bronze

Sunday, Jan 29, 2023

85 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:55 AM

Session 8: AAU Level 3, Bronze, Silver

38 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 11:15 AM
March In: 11:35 AM
Awards: 1:20 PM

Session 9: AAU Gold, Platinum. Diamond, Level 7

39 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:40 PM

March In: 2:00 PM

Awards: 4:35 PM