

Forever Our Legacy - Mary Lou & McKenna

LRP @ Jekyll Island Convention Center

March 3, 2023 - March 5, 2023

Session 1: NGA 4N, GN Group 1

Friday, Mar 3, 2023

Clubs: Atlantic Gymnastics, Chapin Christian Gymnastics, Legacy Elite Gymnastics, Performance Gymnastics, Revive Elite Training, Sanford Academy Of Gymnastics, Soar Moor Gymnastics, Tift Gymnastics Academy

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:15 AM

Session 2: 5N, GN Group 2

Clubs: Acadiana Gymnastics, Atlantic Gymnastics, Chapin Christian Gymnastics, Faulkner's Elite, Osega, Precision Gymnastics, Sanford Academy Of Gymnastics, Spirit Gymnastics Sports Academy, Tift Gymnastics Academy

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:35 AM

March In: 11:55 AM

Awards: 2:30 PM

Session 3: 3N, SN

Clubs: Acadiana Gymnastics, Faulkner's Elite, Legacy Elite Gymnastics, Olympia Gymnastics, Osega, Performance Gymnastics, Revive Elite Training, Sanford Academy Of Gymnastics, Spirit Gymnastics Sports Academy, Tift Gymnastics Academy

87 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:50 PM

March In: 3:10 PM

Awards: 5:55 PM

Session 4: 8N,9N,10N, DN

Clubs: Acadiana Gymnastics, Atlantic Gymnastics, Faulkner's Elite, Gymnastics Etc, Legacy Elite Gymnastics, Olympia Gymnastics, Osega, Precision Gymnastics, Revive Elite Training, Sanford Academy Of Gymnastics, Spirit Gymnastics Sports Academy, Tift Gymnastics Academy

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:15 PM

March In: 6:35 PM

Awards: 9:45 PM

Session 5: 1N

Saturday, Mar 4, 2023

Clubs: Faulkner's Elite, Olympia Gymnastics, Osega, Revive Elite Training, Sanford Academy Of Gymnastics, Soar Moor Gymnastics, Tift Gymnastics Academy

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 9:00 AM

March In: 9:20 AM

Awards: 11:10 AM

Session 6: 2N

Clubs: Faulkner's Elite, Osega, Performance Gymnastics, Sanford Academy Of Gymnastics, Tift Gymnastics Academy

38 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:30 AM

March In: 11:50 AM

Awards: 1:30 PM

Session 7: PN,6N,7N

Clubs: Acadiana Gymnastics, Atlantic Gymnastics, Chapin Christian Gymnastics,

Faulkner's Elite, Gymnastics Etc, Legacy Elite Gymnastics, Osega, Performance Gymnastics, Precision Gymnastics, Revive Elite Training, Sanford Academy Of Gymnastics, Spirit Gymnastics Sports Academy, Tift Gymnastics Academy

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:50 PM

March In: 2:10 PM

Awards: 5:45 PM

Session 8: USAG Level 8-10 & Platinum

Clubs: Cardinal Gymnastics, Coastal Gymnastics of Hilton Head, Florida Elite Gymnastics, Pure Gymnastics, Sizemore Gymnastics Academy, Soar Moor Gymnastics, Tumbleweeds Gymnastics Inc.

49 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:05 PM

March In: 6:25 PM

Awards: 9:20 PM

Session 9: Level 6 & 7

Sunday, Mar 5, 2023

Clubs: Cardinal Gymnastics, Coastal Gymnastics Center, Florida Elite Gymnastics, Pure Gymnastics, Tumbleweeds Gymnastics Inc.

48 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 10: Level 2,3, Bronze

Clubs: Coastal Gymnastics Center, Coastal Gymnastics of Hilton Head, Mega Gymnastics, Sizemore Gymnastics Academy

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 2:00 PM

Session 11: Level 4, Silver, Gold

*Clubs: Coastal Gymnastics Center, Coastal Gymnastics of Hilton Head, Mega Gymnastics, Pure Gymnastics, Sizemore Gymnastics Academy, Soar Moor Gymnastics
72 gymnasts*

Format: Modified Capitol Cup

Open Stretch Begins: 2:20 PM

March In: 2:40 PM

Awards: 5:25 PM