

Forever Our Legacy

LR Productions @ Providence, RI

February 24, 2023 - February 26, 2023

Session 1: NGA GN 5N 6N DN

Friday, Feb 24, 2023

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:15 AM

March In: 8:35 AM

Awards: 11:00 AM

Session 2: NGA 3N

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:20 AM

March In: 11:40 AM

Awards: 1:45 PM

Session 3: NGA 1N 2N SN 4N

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:05 PM

March In: 2:25 PM

Awards: 4:30 PM

Session 4: NGA PN 7N 8N 9N 10N

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:50 PM

March In: 5:10 PM

Awards: 8:50 PM

Session 5: Bronze & Silver

Saturday, Feb 25, 2023

86 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 9:00 AM

March In: 9:20 AM

Awards: 12:00 PM

Session 6: Gold

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:20 PM

March In: 12:40 PM

Awards: 2:50 PM

Session 7: Platinum

46 gymnasts

Format: Modified Capitol Cup

*Open Stretch Begins: 3:10 PM
March In: 3:30 PM
Awards: 5:55 PM*

Session 8: Level 8, 9 & 10

*41 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 6:15 PM
March In: 6:35 PM
Awards: 9:00 PM*

Session 9: Diamond

Sunday, Feb 26, 2023

*33 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:35 AM*

Session 10: Level 2 & 3

*68 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 10:55 AM
March In: 11:15 AM
Awards: 1:35 PM*

Session 11: Level 4 & 5

*57 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 1:55 PM
March In: 2:15 PM
Awards: 4:40 PM*

Session 12: Level 6 & 7

*51 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 5:00 PM
March In: 5:20 PM
Awards: 7:40 PM*