

# Drop It Like It's Hot - CA

## LR Productions @ Ontario Convention Ctr

February 10, 2023 - February 12, 2023

### Session 1: Level 3 & Silver Group 1

#### Friday, Feb 10, 2023

*Clubs: Gold Coast Gymnastics, Gymnastics Olympica USA, Josephson Academy of Gymnastics, Northwest Gymnastics Training Center, Winners Academy of Gymnastics, Younique Fitness School of Gymnastics*

*70 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:45 AM*

### Session 2: Bronze Group 1

*Clubs: Gymnastics Olympica USA, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, SCEGA Gymnastics*

*71 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:05 AM*

*March In: 11:25 AM*

*Awards: 1:30 PM*

### Session 3: Level 2 & Silver Group 2

*Clubs: Agility, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, SCEGA Gymnastics, VAFB Jets Gymnastics, Younique Fitness School of Gymnastics*

*81 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:50 PM*

*March In: 2:10 PM*

*Awards: 4:55 PM*

### Session 4: Level 4, 6, Diamonds

*Clubs: Agility, Eclipse Gymnastics Academy, Gold Coast Gymnastics, Gym Star Sport Center, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, Northwest Gymnastics Training Center, SCEGA Gymnastics, V-FORCE Elite, Winners Academy of Gymnastics, Younique Fitness School of Gymnastics*

*78 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 5:15 PM*

*March In: 5:35 PM*

*Awards: 8:50 PM*

### Session 5: Bronze Group 2

## **Saturday, Feb 11, 2023**

*Clubs: Agility, Gold Coast Gymnastics, Josephson Academy of Gymnastics, VAFB Jets Gymnastics*

*69 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:45 AM*

*March In: 9:05 AM*

*Awards: 11:15 AM*

## **Session 6: Gold**

*Clubs: Agility, Gold Coast Gymnastics, Gymnastics Olympica USA, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, SCEGA Gymnastics, VAFB Jets Gymnastics, Winners Academy of Gymnastics*

*96 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:35 AM*

*March In: 11:55 AM*

*Awards: 2:55 PM*

## **Session 7: Platinum**

*Clubs: Agility, Gold Coast Gymnastics, Gymnastics Olympica USA, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, SCEGA Gymnastics, VAFB Jets Gymnastics, Winners Academy of Gymnastics*

*50 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 3:15 PM*

*March In: 3:35 PM*

*Awards: 6:00 PM*

## **Session 8: Level 7-10**

*Clubs: Eclipse Gymnastics Academy, Galaxy Sports Group, Gold Coast Gymnastics, Gym Star Sport Center, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, Northwest Gymnastics Training Center, V-FORCE Elite, Wave Gymnastics*

*51 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 6:20 PM*

*March In: 6:40 PM*

*Awards: 9:35 PM*

## **Session 9: NGA 4N,GN,5N,6N**

### **Sunday, Feb 12, 2023**

*Clubs: Rising Star Gymanastics, Seattle Gymnastics - Ballard, Seattle Gymnastics - Columbia City, Seattle Gymnastics - Lake City, Wave Gymnastics*

*35 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:05 AM*

## **Session 10: NGA 2N,SN,3N**

*Clubs: Le Club Gymnastics, Seattle Gymnastics - Ballard, Seattle Gymnastics - Columbia City, Seattle Gymnastics - Lake City, Wave Gymnastics*

*71 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 10:25 AM*

*March In: 10:45 AM*

*Awards: 1:15 PM*

## **Session 11: NGA 7-10N, PN, DN**

*Clubs: Le Club Gymnastics, Rising Star Gymanastics, Seattle Gymnastics - Ballard, Seattle Gymnastics - Columbia City, Seattle Gymnastics - Lake City, Wave Gymnastics*

*50 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:35 PM*

*March In: 1:55 PM*

*Awards: 4:35 PM*