

# Never Give Up - Richmond

## LR Productions @ Richmond Convention Center

February 10, 2023 - February 12, 2023

### Session 1: Level 5 & Gold Group 1

#### Friday, Feb 10, 2023

*Clubs: Dreams Gymnastics Center, Dynamic Gymnastics, Elite Athletics, Head Over Heels, M-BC Flip Over, Novaks Gymnastics Center Inc., Paramount Sports Complex, River City Youth Fitness, Shenandoah Tumblers Inc., Virginia International Gymnastics School, Woods Gymnastics*

*87 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 11:10 AM*

### Session 2: Level 4 & Gold Group 2

*Clubs: CORE Kids Academy, Dreams Gymnastics Center, Dynamic Gymnastics, Full Force Gymnastics, Gym Quest, Gymnastics Unlimited, Novaks Gymnastics Center Inc., Paramount Sports Complex, River City Youth Fitness, Shenandoah Tumblers Inc., Tidal Wave Athletics*

*87 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:25 AM*

*March In: 11:45 AM*

*Awards: 2:45 PM*

### Session 3: Level 6, 7 & 8 (dob after 7/1/09)

*Clubs: Arlington Aerials, Dreams Gymnastics Center, Dynamic Gymnastics, Elite Athletics, Full Force Gymnastics, Gym Quest, Gymnastics Unlimited, M-BC Flip Over, Middlesex Gymnastics Center, Novaks Gymnastics Center Inc., Paramount Sports*

*Complex, Rebounders Gymnastics Inc., River City Youth Fitness, Shenandoah Tumblers Inc., Win-Win Gymnastics*

*71 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 3:00 PM*

*March In: 3:20 PM*

*Awards: 6:20 PM*

## **Session 4: Level 8 (dob before 7/1/09), 9 & 10**

*Clubs: Arlington Aerials, Dynamic Gymnastics, Elite Athletics, Full Force Gymnastics, Gym Quest, Gymnastics Unlimited, Novaks Gymnastics Center Inc., Paramount Sports Complex, Rebounders Gymnastics Inc., Shenandoah Tumblers Inc., Win-Win Gymnastics*

*56 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 6:35 PM*

*March In: 6:55 PM*

*Awards: 9:40 PM*

## **Session 5: Silver Group 1**

**Saturday, Feb 11, 2023**

*Clubs: CORE Kids Academy, Head Over Heels, Novaks Gymnastics Center Inc., Paramount Sports Complex, River City Youth Fitness, Tidal Wave Athletics, Virginia International Gymnastics School*

*72 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:45 AM*

*March In: 9:05 AM*

*Awards: 11:25 AM*

## **Session 6: Silver Group 2**

*Clubs: Dreams Gymnastics Center, Dynamic Gymnastics, Elite Athletics, Full Force Gymnastics, Gym Quest, River City Youth Fitness, Woods Gymnastics*

*72 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:40 AM*

*March In: 12:00 PM*

*Awards: 2:20 PM*

## **Session 7: Level 2, 3 & Bronze Group 1**

*Clubs: Dynamic Gymnastics, Elite Athletics, Gym Quest, Gymnastics Unlimited, Novaks Gymnastics Center Inc., Paramount Sports Complex, River City Youth Fitness, Tidal Wave Athletics*

*73 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 2:35 PM*

*March In: 2:55 PM*

*Awards: 5:00 PM*

## **Session 8: Platinum, Diamond, Sapphire**

*Clubs: CORE Kids Academy, Dreams Gymnastics Center, Dynamic Gymnastics, Elite Athletics, Full Force Gymnastics, Gym Quest, Head Over Heels, M-BC Flip Over, Novaks Gymnastics Center Inc., Paramount Sports Complex, River City Youth Fitness, Shenandoah Tumblers Inc., Virginia International Gymnastics School, Woods Gymnastics*

*84 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 5:15 PM*

*March In: 5:35 PM*

*Awards: 9:25 PM*

## **Session 9: Bronze Group 2**

**Sunday, Feb 12, 2023**

*Clubs: CORE Kids Academy, Full Force Gymnastics, Head Over Heels, River City Youth Fitness, Woods Gymnastics*

*62 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:00 AM*

## **Session 10: All AAU levels**

*Clubs: Gymnastics University Inc, River City Gymnastics*

*57 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 10:15 AM*

*March In: 10:35 AM*

*Awards: 1:15 PM*

## **Session 11: 1N,2N,SN,3N,4N**

*Clubs: Carolina Elite Gymnastics Academy Inc., Central Pa Academy Of Gymnastics, Faulkner's Elite, Field Of Dreams Gymnastics, Revive Elite Training*

*71 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:30 PM*

*March In: 1:50 PM*

*Awards: 3:50 PM*

## **Session 12: GN,PN**

*Clubs: Carolina Elite Gymnastics Academy Inc., Central Pa Academy Of Gymnastics, Faulkner's Elite, Field Of Dreams Gymnastics, Revive Elite Training*

*72 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 4:05 PM*

*March In: 4:25 PM*

*Awards: 7:15 PM*

## **Session 13: 5N,6N,7N,8N,DN,9N,10N**

*Clubs: Carolina Elite Gymnastics Academy Inc., Central Pa Academy Of Gymnastics, Faulkner's Elite, Revive Elite Training*

*30 gymnasts*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 7:30 PM*

*March In: 7:50 PM*

*Awards: 9:35 PM*