

We Are Strong - TN

LR Productions @ Knoxville Convention Center

February 2, 2024 - February 4, 2024

Session 1: Level 4, 5, Platinum

Friday, Feb 2, 2024

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:15 PM

March In: 6:35 PM

Awards: 9:30 PM

Session 2: Level 2, 3, Bronze

Saturday, Feb 3, 2024

56 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 3: Gold

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:20 PM

Session 4: Level 6, 7

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:40 PM

March In: 2:00 PM

Awards: 5:00 PM

Session 5: Level 8, 9, 10, Diamond

50 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:20 PM

March In: 5:40 PM

Awards: 8:35 PM

Session 6: Silver

Sunday, Feb 4, 2024

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:10 AM

Session 7: NGA 1N, 2N, SN

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:30 AM

March In: 10:50 AM

Awards: 12:35 PM

Session 8: NGA 3N, 4N, GN

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:55 PM

March In: 1:15 PM

Awards: 3:55 PM

Session 9: NGA 5N, 6N, PN, 7N, 8N, DN 9N

61 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:15 PM

March In: 4:35 PM

Awards: 8:05 PM