

Drop It Like It's Hot with Katelyn Ohashi

Session: 1: NGA 1N 2N SN 3N GN

February 23, 2024

- 85 gymnasts
- Modified Capitol Cup Format
- [Schedule](#)

Open Stretch: 8:00 AM March In: 8:20 AM
 Timed Warm-ups: 8:30 AM Awards: 10:45 AM

SQUAD A / Vault (16) 1N (4), 2BN (12)	SQUAD B / Bars (13) 2BN (3), 3N (6), SN (4)	SQUAD C / Beam (9) 3N	SQUAD D / Floor (14) 1N (6), 2BN (8)
Platinum (16) 1N: 4, 2BN: 12	Wright's (13) 2BN: 3, 3N: 6, SN: 4	Platinum (9)	Joys Gymnastics (14) 1N: 6, 2BN: 8
----- Flight B -----			
SQUAD A / Vault (8) GN	SQUAD B / Bars (8) 3N	SQUAD C / Beam (9) GN (3), SN (6)	SQUAD D / Floor (8) GN
Elite Gymnastics (8)	Joys Gymnastics (8)	Rose Gold (9) GN: 3, SN: 6	Platinum (8)

Drop It Like It's Hot with Katelyn Ohashi

Session: 2: NGA 4N 5N 6N 7N PN DN 9N

February 23, 2024

- 80 gymnasts
- Modified Capitol Cup Format
- [Schedule](#)

Open Stretch: 11:05 AM March In: 11:25 AM
 Timed Warm-ups: 11:35 AM Awards: 2:55 PM

SQUAD A / Vault (9) 4N (8), 7N (1)	SQUAD B / Bars (14) 4N	SQUAD C / Beam (10) PN	SQUAD D / Floor (10) 5N (4), 7N (5), DN (1)
Elite Gymnastics (9) 4N: 8, 7N: 1	Wright's (14)	Elite Gymnastics (10)	Wright's (5) 7N: 5 Elite Gymnastics (5) 5N: 4, DN: 1
----- Flight B -----			
SQUAD A / Vault (11) 4N (8), 5N (3)	SQUAD B / Bars (8) 4N (5), 7N (1), 9N (2)	SQUAD C / Beam (9) 6N (6), PN (3)	SQUAD D / Floor (9) 6N
Platinum (11) 4N: 8, 5N: 3	Joys Gymnastics (5) 4N: 5 Platinum (3) 7N: 1, 9N: 2	Platinum (9) 6N: 6, PN: 3	Wright's (9)

Drop It Like It's Hot with Katelyn Ohashi

Session: 3: Gold Group 1

February 23, 2024

- 74 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 3:15 PM March In: 3:35 PM
 Timed Warm-ups: 3:45 PM Awards: 5:55 PM

SQUAD A / Vault (7) XG	SQUAD B / Bars (8) XG	SQUAD C / Beam (9) XG	SQUAD D / Floor (8) XG
Hartland Gymnastics (7)	Mills USA (6) Toronto Gymnastics (2)	Hartland Gymnastics (5) Skye High (4)	Blenheim Kent (6) GymTactics (2)
----- Flight B -----			
SQUAD A / Vault (10) XG	SQUAD B / Bars (11) XG	SQUAD C / Beam (10) XG	SQUAD D / Floor (11) XG
ALL (10)	CTC (6) FARM (5)	ATA (6) ALL (4)	Flipkins (11)

Drop It Like It's Hot with Katelyn Ohashi

Session: 4: Platinum

February 23, 2024

- 65 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 6:15 PM March In: 6:35 PM
 Timed Warm-ups: 6:45 PM Awards: 9:30 PM

SQUAD A / Vault (8) XP	SQUAD B / Bars (8) XP	SQUAD C / Beam (8) XP	SQUAD D / Floor (8) XP
Mills USA (6) Skye High (2)	Hartland Gymnastics (4) PAX Gymnastics (4)	CTC (1) LSE (4) FARM (3)	ATA (2) ALL (6)
----- Flight B -----			
SQUAD A / Vault (8) XP	SQUAD B / Bars (9) XP	SQUAD C / Beam (7) XP	SQUAD D / Floor (9) XP
Bloomfield (3) Toronto Gymnastics (5)	Blenheim Kent (3) gymnastic dreams (3) SSGA (3)	GRG (7)	Champion USA (8) SSMGC (1)

Drop It Like It's Hot with Katelyn Ohashi

Session: 5: Silver Group 1

February 24, 2024

- 90 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 8:30 AM March In: 8:50 AM

Timed Warm-ups: 9:00 AM Awards: 11:25 AM

SQUAD A / Vault (10) XS	SQUAD B / Bars (9) XS	SQUAD C / Beam (10) XS	SQUAD D / Floor (9) XS
NorthPointe Gym (10)	SSMGC (1) ALL (8)	Bloomfield (5) NorthPointe Gym (5)	MPGA (9)
----- Flight B -----			
SQUAD A / Vault (13) XS	SQUAD B / Bars (13) XS	SQUAD C / Beam (13) XS	SQUAD D / Floor (13) XS
ATA (13)	CTC (5) Flipkins (8)	FARM (13)	Flipkins (9) Skye High (4)

Drop It Like It's Hot with Katelyn Ohashi

Session: 6: Silver Group 2

February 24, 2024

- 95 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 11:45 AM March In: 12:05 PM

Timed Warm-ups: 12:15 PM Awards: 3:05 PM

SQUAD A / Vault (11) XS	SQUAD B / Bars (10) XS	SQUAD C / Beam (10) XS	SQUAD D / Floor (11) XS
GymTactics (3) ALL (8)	SSGA (10)	Champion USA (10)	Blenheim Kent (5) SSGA (6)
----- Flight B -----			
SQUAD A / Vault (14) XS	SQUAD B / Bars (12) XS	SQUAD C / Beam (15) XS	SQUAD D / Floor (12) XS
LSE (14)	Mills USA (12)	PAX Gymnastics (15)	gymnastic dreams (12)

Drop It Like It's Hot with Katelyn Ohashi

Session: 7: Level 6 and 7

February 24, 2024

- 61 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 3:25 PM March In: 3:45 PM

Timed Warm-ups: 3:55 PM Awards: 6:15 PM

SQUAD A / Vault (7) L6	SQUAD B / Bars (7) L6 (3), L7 (4)	SQUAD C / Beam (6) L7	SQUAD D / Floor (8) L6 (7), L7 (1)
GymTactics (7)	GRG (7) L6: 3, L7: 4	GymTactics (4) gymnastic dreams (2)	NorthPointe Gym (8) L6: 7, L7: 1
----- Flight B -----			
SQUAD A / Vault (8) L6 (4), L7 (4)	SQUAD B / Bars (8) L6 (3), L7 (5)	SQUAD C / Beam (9) L6 (3), L7 (6)	SQUAD D / Floor (8) L6 (5), L7 (3)
Blenheim Kent (8) L6: 4, L7: 4	r-athletics (8) L6: 3, L7: 5	MCGC (3) L7: 3 SSGA (2) L7: 2 FARM (4) L6: 3, L7: 1	r-athletics (3) L6: 3 Troy (5) L6: 2, L7: 3

Drop It Like It's Hot with Katelyn Ohashi

Session: 8: Diamond, Sapphire, 8, 9, 10

February 24, 2024

- 51 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 6:35 PM March In: 6:55 PM

Timed Warm-ups: 7:05 PM Awards: 9:30 PM

SQUAD A / Vault (6) L8 (5), XD (1)	SQUAD B / Bars (6) L8 (4), L9 (1), XD (1)	SQUAD C / Beam (6) L8 (5), XD (1)	SQUAD D / Floor (4) XD (3), Sapphire (1)
GRG (6) L8: 5, XD: 1	GymTactics (5) L8: 4, L9: 1 LSE (1) XD: 1	Blenheim Kent (2) L8: 2 gymnastic dreams (4) L8: 3, XD: 1	Skye High (1) XD: 1 Toronto Gymnastics (2) XD: 2 FARM (1) Sapphire: 1
----- Flight B -----			
SQUAD A / Vault (9) L10 (2), L8 (4), L9 (3)	SQUAD B / Bars (9) L8 (8), L9 (1)	SQUAD C / Beam (6) XD	SQUAD D / Floor (5) L10 (1), L8 (2), L9 (2)
RGC Rebels (9) L10: 2, L8: 4, L9: 3	Troy (9) L8: 8, L9: 1	RGC Rebels (6)	r-athletics (5) L10: 1, L8: 2, L9: 2

Drop It Like It's Hot with Katelyn Ohashi

Session: 9: Gold Group 2

February 25, 2024

- 74 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 8:00 AM March In: 8:20 AM

Timed Warm-ups: 8:30 AM Awards: 10:40 AM

SQUAD A / Vault (8) XG	SQUAD B / Bars (8) XG	SQUAD C / Beam (8) XG	SQUAD D / Floor (6) XG
Bloomfield (8)	Champion USA (8)	SSGA (8)	SSMGC (6)
----- Flight B -----			
SQUAD A / Vault (12) XG	SQUAD B / Bars (10) XG	SQUAD C / Beam (11) XG	SQUAD D / Floor (11) XG
GRG (12)	gymnastic dreams (5) LSE (5)	NorthPointe Gym (11)	PAX Gymnastics (11)

Drop It Like It's Hot with Katelyn Ohashi

- 99 gymnasts
 - Modified Capitol Cup Format
 - [Schedule](#)
- Open Stretch: 11:00 AM March In: 11:20 AM
 Timed Warm-ups: 11:30 AM Awards: 1:55 PM

Session: 10: Level 1 and Bronze

February 25, 2024

SQUAD A / Vault (12) XB	SQUAD B / Bars (12) XB	SQUAD C / Beam (12) L1 (5), XB (7)	SQUAD D / Floor (12) L1
gymnastic dreams (5) FARM (7)	Flipkins (12)	GymTactics (7) XB: 7 MMG (5) L1: 5	MMG (12)
----- Flight B -----			
SQUAD A / Vault (13) XB	SQUAD B / Bars (13) XB	SQUAD C / Beam (14) XB	SQUAD D / Floor (11) XB
LSE (13)	Blenheim Kent (5) MPGA (8)	PAX Gymnastics (14)	ATA (10) Skye High (1)

Drop It Like It's Hot with Katelyn Ohashi

- 97 gymnasts
 - Modified Capitol Cup Format
 - [Schedule](#)
- Open Stretch: 2:15 PM March In: 2:35 PM
 Timed Warm-ups: 2:45 PM Awards: 5:30 PM

Session: 11: Level 3

February 25, 2024

SQUAD A / Vault (11) L3	SQUAD B / Bars (12) L3	SQUAD C / Beam (10) L3	SQUAD D / Floor (12) L3
Troy (11)	Hartland Gymnastics (6) FARM (6)	Troy (10)	Hartland Gymnastics (12)
----- Flight B -----			
SQUAD A / Vault (13) L3	SQUAD B / Bars (12) L3	SQUAD C / Beam (13) L3	SQUAD D / Floor (14) L3
CC Flips (13)	GymTactics (12)	Champion USA (9) CC Flips (4)	GRG (14)

Drop It Like It's Hot with Katelyn Ohashi

Session: 12: Level 4 and 5

February 25, 2024

- 90 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 5:50 PM March In: 6:10 PM
 Timed Warm-ups: 6:20 PM Awards: 9:30 PM

SQUAD A / Vault (12) L4	SQUAD B / Bars (13) L4 (4), L5 (9)	SQUAD C / Beam (11) L4	SQUAD D / Floor (11) L4
GRG (7) GymTactics (5)	r-athletics (13) L4: 4, L5: 9	GymTactics (11)	FARM (8) CC Flips (3)
----- Flight B -----			
SQUAD A / Vault (10) L4	SQUAD B / Bars (12) L4 (8), L5 (4)	SQUAD C / Beam (10) L4 (3), L5 (7)	SQUAD D / Floor (11) L4 (7), L5 (4)
Hartland Gymnastics (10)	Troy (12) L4: 8, L5: 4	Hartland Gymnastics (10) L4: 3, L5: 7	SSGA (11) L4: 7, L5: 4