

Forever Our Legacy - Springfield, MO

LR Productions @ Springfield Expo Center

January 13, 2024 - January 14, 2024

Session 1: Silver Group 1 and HUGS

Saturday, Jan 13, 2024

Clubs: Arising Stars Gymnastic Center, Legends Gymnastics Academy, MGP Gymnastics, Olympia Mid Rivers, TNT Gymnastics Academy, Tumbles Athletic Center, Xtreme Gymnastics

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:45 AM

Session 2: Silver Group 2

Clubs: Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, JC GymTastics, Missouri Valley Gymnastics Inc., Olympia Ellisville, Ozark Mountain Gymnastics

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:05 AM

March In: 11:25 AM

Awards: 1:40 PM

Session 3: Golds

Clubs: Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, JC GymTastics, Legends Gymnastics Academy, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Manchester, Olympia Ellisville, Olympia Mid Rivers, Ozark Mountain Gymnastics, Show Me Gymnastics, Xtreme Gymnastics

98 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:00 PM

March In: 2:20 PM

Awards: 5:35 PM

Session 4: Levels 6,7,9,10

Clubs: Arising Stars Gymnastic Center, Dave's Gymnastics Factory, Dynamics Gymnastics, Flip Flop Gymnastics, Helix Athletics, Missouri Valley Gymnastics Inc., Olympia Mid Rivers, Ozark Mountain Gymnastics, Show Me Gymnastics

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:55 PM

March In: 6:15 PM

Awards: 9:15 PM

Session 5: Levels 3, 4, 5

Sunday, Jan 14, 2024

Clubs: Arising Stars Gymnastic Center, Dave's Gymnastics Factory, Dynamics Gymnastics, Flip Flop Gymnastics, Helix Athletics, Legends Gymnastics Academy, Missouri Valley Gymnastics Inc., Olympia Mid Rivers, Ozark Mountain Gymnastics

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:15 AM

Session 6: Bronze

Clubs: Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, Legends Gymnastics Academy, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Manchester, Olympia Ellisville, Olympia Mid Rivers, Ozark Mountain Gymnastics, TNT Gymnastics Academy, Tumbles Athletic Center

86 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:35 AM

March In: 11:55 AM

Awards: 2:20 PM

Session 7: Platinum, Diamond, Sapphire

Clubs: Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Manchester, Olympia Ellisville, Olympia Mid Rivers, Show Me Gymnastics

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:40 PM

March In: 3:00 PM

Awards: 6:05 PM

Session 8: NGA All levels

Clubs: Airborne Gymnastics Academy, Small Wonders Gymnastics

27 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:25 PM

March In: 6:45 PM

Awards: 8:15 PM