

Sparkle and Shine 2026 - Richmond, VA

LR Productions

February 6, 2026 - February 8, 2026

Session 1. Level 4 (dob after 12/8/14)

Friday, Feb 6, 2026

Clubs: Dynamic - VA, Dynamic Gymnastics, Elite Athletics, Evolution Gymnastics Academy, Full Force Gymnastics, Galax Gymnastics Center, Gym America Gymnastics and Dance Center, Gym Quest, Paragon Gymnastics of VA, Pure Gymnastics, Shenandoah Tumblers Inc., Virginia Elite Gymnastics Academy, Virginia International Gymnastics School

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:20 AM

Session 2. Level 5, 4 (dob before 12/8/14) Gold (dob before 9/11/11)

Clubs: Dynamic - VA, Dynamic Gymnastics, Elite Athletics, Evolution Gymnastics Academy, Full Force Gymnastics, Galax Gymnastics Center, Gym America Gymnastics and Dance Center, Gym Quest, Paragon Gymnastics of VA, Pure Gymnastics, Shenandoah Tumblers Inc., Skyline Gymnastics, Tidal Wave Athletics, Virginia Elite Gymnastics Academy, Virginia International Gymnastics School

90 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:35 AM

March In: 11:55 AM

Awards: 2:55 PM

Session 3. Gold (dob after 9/11/11)

Clubs: Central Virginia Gymnastics, Dynamic - VA, Dynamic Gymnastics, Elite Athletics, Evolution Gymnastics Academy, Falcon Gymnastics and Fitness, Full Force Gymnastics, Galax Gymnastics Center, Gym America Gymnastics and Dance Center, Gym Quest, Shenandoah Tumblers Inc., Skyline Gymnastics, Tidal Wave Athletics, Virginia International Gymnastics School

92 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:10 PM

March In: 3:30 PM

Awards: 6:15 PM

Session 4. Diamond, Sapphire, 8-10, 7 (dob on or before 5/5/13)

Clubs: Dynamic - VA, Dynamic Gymnastics, Elite Athletics, Falcon Gymnastics and Fitness, Foothills Gymnastics, Full Force Gymnastics, Gym America Gymnastics and Dance Center, Gym Quest, Paragon Gymnastics of VA, Pure Gymnastics, Shenandoah Tumblers Inc., Virginia Elite Gymnastics Academy, Virginia International Gymnastics School

61 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:30 PM

March In: 6:50 PM

Awards: 9:40 PM

Session 5. Silver Group 1

Saturday, Feb 7, 2026

Clubs: Dynamic - VA, Evolution Gymnastics Academy, Falcon Gymnastics and Fitness, Galax Gymnastics Center, Gym Quest, Paragon Gymnastics of VA, Skyline Gymnastics, Tidal Wave Athletics

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:20 AM

March In: 8:40 AM

Awards: 10:50 AM

Session 6. Silver Group 2

Clubs: Central Virginia Gymnastics, Dynamic Gymnastics, Elite Athletics, Full Force Gymnastics, Gym America Gymnastics and Dance Center, Pure Gymnastics, Shenandoah Tumblers Inc., Virginia Elite Gymnastics Academy, Virginia International Gymnastics School

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:05 AM

March In: 11:25 AM

Awards: 1:25 PM

Session 7. Bronze Group 1, and Level 2

Clubs: Dynamic - VA, Elite Athletics, Full Force Gymnastics, Gym America Gymnastics and Dance Center, Gym Quest, Paragon Gymnastics of VA, Suavey Performing Arts, Tidal Wave Athletics

58 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:40 PM

March In: 2:00 PM

Awards: 3:40 PM

Session 8. Bronze Group 2

Clubs: Elite Athletics, Galax Gymnastics Center, Gym Quest, Paragon Gymnastics of VA, Pure Gymnastics, Shenandoah Tumblers Inc., Virginia Elite Gymnastics Academy

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:55 PM

March In: 4:15 PM

Awards: 6:00 PM

Session 9. Level 3 Group 1

Clubs: Dynamic - VA, Elite Athletics, Evolution Gymnastics Academy, Gym Quest, Pure Gymnastics, Shenandoah Tumblers Inc., Virginia International Gymnastics School

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:15 PM

March In: 6:35 PM

Awards: 8:50 PM

Session 10. Level 3 Group 2

Sunday, Feb 8, 2026

Clubs: Dynamic Gymnastics, Full Force Gymnastics, Gym America Gymnastics and Dance Center, Paragon Gymnastics of VA, Virginia Elite Gymnastics Academy

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:40 AM

Session 11. L6, L7 (dob after 5/5/13), Platinum

Clubs: Central Virginia Gymnastics, Dynamic - VA, Dynamic Gymnastics, Falcon Gymnastics and Fitness, Foothills Gymnastics, Full Force Gymnastics, Gym America Gymnastics and Dance Center, Gym Quest, Paragon Gymnastics of VA, Pure Gymnastics, Shenandoah Tumblers Inc., Virginia Elite Gymnastics Academy, Virginia International Gymnastics School

81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:55 AM

March In: 11:15 AM

Awards: 2:40 PM

Session 12: NGA 2BN, SN, 3N,4N

Clubs: Central Pa Academy Of Gymnastics, Revel Gymnastics

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:55 PM

March In: 3:15 PM

Awards: 5:30 PM

Session 13. NGA GN,5N,6N,PN,7N,8N

Clubs: Central Pa Academy Of Gymnastics, Revel Gymnastics

46 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:45 PM

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