

# **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*