

Diamonds and Bows with Leanne Wong - NY

LR Productions @ Albany Capital Center

February 20, 2026 - February 22, 2026

Session 1. Level 4 Group 1

Friday, Feb 20, 2026

Clubs: Aerials Gymnastics, Galaxy Gymnastics, Gliders Gymnastics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Nina's Gymnastics Center, Skyline Gymnastics Center LTD

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 2. Diamond, Level 5, Level 4 Group 2

Clubs: All American Gymnastics - Lynbrook, EPNY, Galaxy Gymnastics, Head Over Heels Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Nina's Gymnastics Center, Paradigm Athletic Center, Skyline Gymnastics Center LTD, Twist N Flip Gymnastics Glenmont

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 2:20 PM

Session 3. Level 6

Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, EPNY, Galaxy Gymnastics, Gliders Gymnastics, Hanover Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Paradigm Athletic Center, Skyline Gymnastics Center LTD

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:40 PM

March In: 3:00 PM

Awards: 5:50 PM

Session 4. Level 7

Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Galaxy Gymnastics, Gliders Gymnastics, Hanover Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., MCA Gymnastics, Nina's Gymnastics Center, Paradigm Athletic Center, Skyline Gymnastics Center LTD

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:10 PM

March In: 6:30 PM

Awards: 9:00 PM

Session 5. Level 2 and Level 3 (age 7 and under)

Saturday, Feb 21, 2026

Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Epik Athletics, Galaxy Gymnastics, Gliders Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Nina's Gymnastics Center, Paradigm Athletic Center, Pike Gymnastics

87 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:05 AM

Session 6. Level 3 (age 8 and over)

Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Epik Athletics, Galaxy Gymnastics, Gliders Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Nina's Gymnastics Center, Paradigm Athletic Center, Pike Gymnastics

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:25 AM

March In: 11:45 AM

Awards: 1:55 PM

Session 7. Level 8, 9, 10, Sapphire

Clubs: All American Gymnastics - Lynbrook, EPNY, Galaxy Gymnastics, Gliders Gymnastics, Hanover Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Nina's Gymnastics Center, Paradigm Athletic Center, Skyline Gymnastics Center LTD

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:15 PM

March In: 2:35 PM

Awards: 5:40 PM

Session 8. Platinum

Clubs: EPNY, Galaxy Gymnastics, Gliders Gymnastics, Gym Stars, Head Over Heels Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Paradigm Athletic Center, Skyline Gymnastics Center LTD, Twist N Flip Gymnastics Glenmont, Twist N Flip Gymnastics Rotterdam

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:00 PM

March In: 6:20 PM

Awards: 9:25 PM

Session 9. Bronze Group 1

Sunday, Feb 22, 2026

Clubs: Galaxy Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Paradigm Athletic Center, Twist N Flip Gymnastics Colonie, Twist N Flip Gymnastics Glenmont, Twist N Flip Gymnastics Rotterdam

81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:35 AM

Session 10. Silver Group 1

Clubs: Epik Athletics, Galaxy Gymnastics, Gym Stars, Head Over Heels Gymnastics, Paradigm Athletic Center, Twist N Flip Gymnastics Rotterdam

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:50 AM

March In: 11:10 AM

Awards: 1:00 PM

Session 11. Silver Group 2, Bronze Group 2

Clubs: Epik Athletics, Head Over Heels Gymnastics, Infinity Athletics, Kennett's School of Gymnastics Inc., Nina's Gymnastics Center, Pike Gymnastics, Twist N Flip Gymnastics Colonie, Twist N Flip Gymnastics Glenmont

80 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:20 PM

March In: 1:40 PM

Awards: 4:05 PM

Session 12. Gold Group 1

Clubs: Aerials Gymnastics, Epik Athletics, Galaxy Gymnastics, Gym Stars, Infinity Athletics, Skyline Gymnastics Center LTD

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:20 PM

March In: 4:40 PM

Awards: 6:35 PM

Session 13. Gold Group 2

Clubs: Gliders Gymnastics, Head Over Heels Gymnastics, Kennett's School of Gymnastics Inc., Nina's Gymnastics Center, Paradigm Athletic Center, Twist N Flip Gymnastics Glenmont, Twist N Flip Gymnastics Rotterdam

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:50 PM

March In: 7:10 PM

Awards: 9:25 PM