

GIRL POWER INVITATIONAL



Hosted by
Rose's Gymnastics, Greenville, NC



February 21 & 22, 2015

<p>Saturday, February 21 <i>Session 1: Capital Cup</i> <u>Xcel Bronze: born 11/1/2005 and after</u></p> <p>Open Stretch: 8:00 AM Warm up: 8:20 AM March In: 8:35 AM Competition: 8:40 – 10:30 AM</p> <p>Individual awards to follow</p>	<p>Saturday, February 21 <i>Session 4: Capital Cup</i> <u>All Xcel Gold & Level 5</u></p> <p>Open Stretch: 5:00 PM Warm up: 5:30 PM March In: 5:45 PM Competition: 6:00 - 9:00 PM</p> <p>Individual & team awards to follow</p>
<p>Saturday, February 21 <i>Session 2: Capital Cup</i> <u>Xcel Bronze: born 10/31/2005 and before</u></p> <p>Open Stretch: 10:30 AM Warm up: 10:50 AM March In: 11:00 AM Competition: 11:10 AM – 1:00 PM</p> <p>Individual & Bronze team awards to follow</p>	<p>Sunday February 22 <i>Session 5: Capital Cup</i> <u>All Xcel Platinum & Levels 6-10 gymnasts</u></p> <p>Open Stretch: 9:00 AM Warm up: 9:30 AM March In: 9:50 AM Competition: 10:00 AM – 1:00 PM</p> <p>All awards to follow</p>
<p>Saturday February 21 <i>Session 3: Capital Cup</i> <u>All Xcel Silver</u></p> <p>Open Stretch: 1:00 PM Warm up: 1:20 PM March In: 1:35 PM Competition: 1:45 - 4:40PM</p> <p>Individual and Silver team awards to follow</p>	