

We Are Strong with Maggie Nichols

LR Productions @ Springfield, MO

January 18, 2025 - January 19, 2025

Session 1: Silver Group 1

Saturday, Jan 18, 2025

Clubs: Branson Ultimate Gymnastics, Flip Flop Gymnastics, Helix Athletics, Missouri Valley Gymnastics Inc., Olympia Mid Rivers

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:15 AM

Session 2: Silver Group 2 and Hugs

Clubs: Bartlesville Gymnastics Club, Dynamics Gymnastics, Element Gymnastics, Legends Gymnastics Academy, MGP Gymnastics, Olympia Manchester, Tumbles Athletic Center, Xtreme Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 10:35 AM

March In: 10:55 AM

Awards: 12:55 PM

Session 3: Gold Group 1 and Platinum

Clubs: Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Manchester, Olympia Mid Rivers, Tumbles Athletic Center, Xtreme Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 1:15 PM

March In: 1:35 PM

Awards: 4:20 PM

Session 4: Gold Group 2 and Diamond

Clubs: Bartlesville Gymnastics Club, Dynamics Gymnastics, Element Gymnastics, Flip Flop Gymnastics, Helix Athletics, Legends Gymnastics Academy, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Manchester, Olympia Mid Rivers, Tiger Academy of Gymnastics, Xtreme Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 4:40 PM

March In: 5:00 PM

Awards: 7:50 PM

Session 5: Level 3 and Bronze

Sunday, Jan 19, 2025

Clubs: Branson Ultimate Gymnastics, Dynamics Gymnastics, Flip Flop Gymnastics, Helix Athletics, Legends Gymnastics Academy, Olympia Mid Rivers, The Flip Shop, Tumbles Athletic Center

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 6: Level 4,5,6

Clubs: Dynamics Gymnastics, Element Gymnastics, Elite Academy, Flip Flop Gymnastics, Legends Gymnastics Academy, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Mid Rivers, The Flip Shop, Tiger Academy of Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 1:50 PM

Session 7: Level 7-10

Clubs: Bartlesville Gymnastics Club, Dynamics Gymnastics, Element Gymnastics, Flip Flop Gymnastics, MGP Gymnastics, Missouri Valley Gymnastics Inc., Olympia Mid Rivers, Tiger Academy of Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 2:10 PM

March In: 2:30 PM

Awards: 4:50 PM

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