

We Are Strong with Maggie Nichols

LR Productions @ Providence, RI

January 20, 2022 - January 23, 2022

Session 1: Platinums

Thursday, Jan 20, 2022

51 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:05 AM

Session 2: Diamonds

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:20 AM

March In: 11:40 PM

Awards: 2:50 PM

Session 3: Golds (dob before 10/1/09)

66 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:05 PM

March In: 3:25 PM

Awards: 5:30 PM

Session 4: Level 5 & Gold (dob after 10/1/09)

64 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:20 PM

Session 5: Level 6

Friday, Jan 21, 2022

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:10 AM

Session 6: Level 4

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 1:20 PM

Session 7: Silvers

87 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:35 PM

March In: 1:55 PM

Awards: 4:40 PM

Session 8: Level 3

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:55 PM

March In: 5:15 PM

Awards: 7:35 PM

Session 9: Level 2 & Bronze

Saturday, Jan 22, 2022

75 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:35 AM

Session 10: Level 7

48 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:50 AM

March In: 11:10 AM

Awards: 1:35 PM

Session 11: Level 8,9 & 10

49 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:50 PM

March In: 2:10 PM

Awards: 5:00 PM

Session 12: NGA Level 4, Silver

56 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:10 PM

March In: 5:30 PM

Awards: 7:50 PM

Session 13: NGA Level 5 & Gold

Sunday, Jan 23, 2022

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:20 PM

Session 14: NGA Levels 1,2,3

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:35 AM

March In: 10:55 AM

Awards: 1:10 PM

Session 15: NGA Level 6, Platinum, Diamond

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:25 PM

March In: 1:45 PM

Awards: 4:50 PM

Session 16: NGA Levels 7,8,9,10

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:05 PM

March In: 5:25 PM

Awards: 8:40 PM