

We Are Strong - Rochester

LR Productions

February 12, 2022 - February 13, 2022

Session 1: USAG Levels 3,4, Silver, Gold

Saturday, Feb 12, 2022

83 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:00 AM

Session 2: USAG Levels 8 & Platinum

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 2:30 PM

Session 3: USAG Levels 5,6,7

80 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:45 PM

March In: 3:05 PM

Awards: 6:35 PM

Session 4: USAG Levels Diamond,9,10

44 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:50 PM

March In: 7:10 PM

Awards: 9:25 PM

Session 5: NGA Levels 1,2,3,4,Plat

Sunday, Feb 13, 2022

33 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:30 AM

Session 6: NGA Levels 5, 6,7,Gold

31 gymnasts

Format: Modified Traditional

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:00 PM