

Forever Our Legacy - Richmond

LR Productions @ Richmond Convention Center

January 28, 2022 - January 30, 2022

Session 1: NGA Levels 4, Gold, 6

Friday, Jan 28, 2022

48 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 2: NGA Levels 1, 2, Silver, 3

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:40 AM

March In: 11:00 AM

Awards: 1:25 PM

Session 3: NGA Levels 5, 7-10, Platinum, Diamond

32 gymnasts

Format: Modified Traditional

Open Stretch Begins: 1:40 PM

March In: 2:00 PM

Awards: 4:25 PM

Session 4: AAU Levels Bronze, Gold, 7, 8

32 gymnasts

Format: Modified Traditional

Open Stretch Begins: 4:40 PM

March In: 5:00 PM

Awards: 6:50 PM

Session 5: AAU Levels Silver, Platinum, 6, 9, 10

Saturday, Jan 29, 2022

36 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 11:15 AM

Session 6: USAG Levels 3, 4

61 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 11:30 AM
March In: 11:50 AM
Awards: 2:10 PM

Session 7: USAG Levels Platinum, 8

48 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 2:25 PM
March In: 2:45 PM
Awards: 5:10 PM

Session 8: USAG Levels 9, 10, Diamond

32 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 5:25 PM
March In: 5:45 PM
Awards: 8:00 PM

Session 9: USAG Levels 2, Bronze

Sunday, Jan 30, 2022

68 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:25 AM

Session 10: USAG Levels 5,6,7

72 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 10:40 AM
March In: 11:00 AM
Awards: 2:10 PM

Session 11: USAG Level Silver

87 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 5:20 PM

Session 12: USAG Level Gold

80 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:35 PM

March In: 5:55 PM

Awards: 8:30 PM