

# **We Are Strong - MN**

## **LR Productions @ Rochester**

February 3, 2023 - February 5, 2023

### **Session 1: NGA Level 3N**

**Friday, Feb 3, 2023**

79 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:30 AM

### **Session 2: NGA Level 2N (2BN)**

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:50 AM

March In: 12:10 PM

Awards: 2:05 PM

### **Session 3: NGA Level 1N, 4N**

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 5:20 PM

### **Session 4: NGA Level GN, 5N,6N,7N,8N,9N**

41 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:40 PM

March In: 6:00 PM

Awards: 8:40 PM

### **Session 5: USAG Level 2,Bronze,3,Silver**

**Saturday, Feb 4, 2023**

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 9:00 AM

March In: 9:20 AM

Awards: 11:25 AM

### **Session 6: USAG Gold**

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:45 AM

March In: 12:05 PM

Awards: 2:35 PM

### **Session 7: USAG Level 8**

43 gymnasts

Format: Modified Capitol Cup

*Open Stretch Begins: 2:55 PM*  
*March In: 3:15 PM*  
*Awards: 5:20 PM*

## **Session 8: USAG Level 5,9,10, Diamond**

*61 gymnasts*  
*Format: Modified Capitol Cup*  
*Open Stretch Begins: 5:40 PM*  
*March In: 6:00 PM*  
*Awards: 9:10 PM*

## **Session 9: USAG Level 6 & 7**

**Sunday, Feb 5, 2023**

*79 gymnasts*  
*Format: Modified Capitol Cup*  
*Open Stretch Begins: 8:00 AM*  
*March In: 8:20 AM*  
*Awards: 11:45 AM*

## **Session 10: USAG Level 4, Platinum**

*68 gymnasts*  
*Format: Modified Capitol Cup*  
*Open Stretch Begins: 12:05 PM*  
*March In: 12:25 PM*  
*Awards: 3:20 PM*