

Drop It Like It's Hot - CA

LR Productions @ Ontario Convention Ctr

February 10, 2023 - February 12, 2023

Session 1: Level 3 & Silver Group 1

Friday, Feb 10, 2023

Clubs: Gold Coast Gymnastics, Gymnastics Olympica USA, Josephson Academy of Gymnastics, Northwest Gymnastics Training Center, Winners Academy of Gymnastics, Younique Fitness School of Gymnastics

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:45 AM

Session 2: Bronze Group 1

Clubs: Gymnastics Olympica USA, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, SCEGA Gymnastics

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:05 AM

March In: 11:25 AM

Awards: 1:30 PM

Session 3: Level 2 & Silver Group 2

Clubs: Agility, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, SCEGA Gymnastics, VAFB Jets Gymnastics, Younique Fitness School of Gymnastics

81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:50 PM

March In: 2:10 PM

Awards: 4:55 PM

Session 4: Level 4, 6, Diamonds

Clubs: Agility, Eclipse Gymnastics Academy, Gold Coast Gymnastics, Gym Star Sport Center, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, Northwest Gymnastics Training Center, SCEGA Gymnastics, V-FORCE Elite, Winners Academy of Gymnastics, Younique Fitness School of Gymnastics

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:15 PM

March In: 5:35 PM

Awards: 8:50 PM

Session 5: Bronze Group 2

Saturday, Feb 11, 2023

Clubs: Agility, Gold Coast Gymnastics, Josephson Academy of Gymnastics, VAFB Jets Gymnastics

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:45 AM

March In: 9:05 AM

Awards: 11:15 AM

Session 6: Gold

Clubs: Agility, Gold Coast Gymnastics, Gymnastics Olympica USA, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, SCEGA Gymnastics, VAFB Jets Gymnastics, Winners Academy of Gymnastics

96 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:35 AM

March In: 11:55 AM

Awards: 2:55 PM

Session 7: Platinum

Clubs: Agility, Gold Coast Gymnastics, Gymnastics Olympica USA, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, SCEGA Gymnastics, VAFB Jets Gymnastics, Winners Academy of Gymnastics

50 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:15 PM

March In: 3:35 PM

Awards: 6:00 PM

Session 8: Level 7-10

Clubs: Eclipse Gymnastics Academy, Galaxy Sports Group, Gold Coast Gymnastics, Gym Star Sport Center, Josephson Academy of Gymnastics, Magdalena Ecke YMCA, National Gymnastics Training Center, Northwest Gymnastics Training Center, V-FORCE Elite, Wave Gymnastics

51 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:20 PM

March In: 6:40 PM

Awards: 9:35 PM

Session 9: NGA 4N,GN,5N,6N

Sunday, Feb 12, 2023

Clubs: Rising Star Gymnastics, Seattle Gymnastics - Ballard, Seattle Gymnastics - Columbia City, Seattle Gymnastics - Lake City, Wave Gymnastics

35 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:05 AM

Session 10: NGA 2N,SN,3N

Clubs: Le Club Gymnastics, Seattle Gymnastics - Ballard, Seattle Gymnastics - Columbia City, Seattle Gymnastics - Lake City, Wave Gymnastics

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 1:15 PM

Session 11: NGA 7-10N, PN, DN

Clubs: Le Club Gymnastics, Rising Star Gymnastics, Seattle Gymnastics - Ballard, Seattle Gymnastics - Columbia City, Seattle Gymnastics - Lake City, Wave Gymnastics

50 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:35 PM

March In: 1:55 PM

Awards: 4:35 PM