

# Inside Gymnastics 2024

## LRP @ Richmond Convention Center

January 26, 2024 - January 28, 2024

### Session 1: NGA 4N, 5N, PN

#### Friday, Jan 26, 2024

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:00 PM

March In: 3:20 PM

Awards: 6:15 PM

### Session 2: NGA 6N, 7N, DN, 9N, 10N

43 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:35 PM

March In: 6:55 PM

Awards: 9:30 PM

### Session 3: NGA 1N, 2BN, SN

#### Saturday, Jan 27, 2024

77 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:50 AM

### Session 4: NGA 3N ,GN

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:00 PM

### Session 5: USAG Level 4, Gold

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 5:20 PM

## **Session 6: USAG Level Diamond, Sapphire, 8, 9, 10**

48 gymnasts

*Format: Modified Capitol Cup*

*Open Stretch Begins: 5:40 PM*

*March In: 6:00 PM*

*Awards: 9:10 PM*

## **Session 7: USAG Bronze**

**Sunday, Jan 28, 2024**

54 gymnasts

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:25 AM*

## **Session 8: USAG Silver**

68 gymnasts

*Format: Modified Capitol Cup*

*Open Stretch Begins: 10:45 AM*

*March In: 11:05 AM*

*Awards: 1:35 PM*

## **Session 9: USAG Level 2 and 3**

71 gymnasts

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:55 PM*

*March In: 2:15 PM*

*Awards: 4:25 PM*

## **Session 10: USAG Level 6, 7, Platinum**

70 gymnasts

*Format: Modified Capitol Cup*

*Open Stretch Begins: 4:45 PM*

*March In: 5:05 PM*

*Awards: 8:30 PM*