

# Drop It Like Its Hot - Albany, NY

## LR Productions

February 21, 2025 - February 23, 2025

### Session 1: Gold Group 1

#### Friday, Feb 21, 2025

*Clubs: Aerials Gymnastics, Eagle Gymnastics, Galaxy Gymnastics, Kennett's School of Gymnastics Inc., Pike Gymnastics, Twist N Flip Gymnastics Rotterdam*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:55 AM*

### Session 2: Gold Group 2

*Clubs: Artistic Sports Academy Plus, Dynasty Athletics NY, Gliders Gymnastics, Head Over Heels Gymnastics, Premier Gymnastics Academy, Shooting Starz Gymnastics, Twist N Flip Gymnastics Glenmont*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:15 AM*

*March In: 11:35 AM*

*Awards: 2:00 PM*

### Session 3: Diamond and Sapphire

*Clubs: Artistic Sports Academy Plus, Eagle Gymnastics, Frederick Gymnastics Club, Galaxy Gymnastics, Head Over Heels Gymnastics, Kennett's School of Gymnastics Inc., Pike Gymnastics, Premier Gymnastics Academy, Twist N Flip Gymnastics Glenmont, World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 2:20 PM*

*March In: 2:40 PM*

*Awards: 5:05 PM*

### Session 4: Level 5, Platinum

*Clubs: Aerials Gymnastics, Artistic Sports Academy Plus, Darien YMCA, Farmingdale Gymnastics Academy, Frederick Gymnastics Club, Galaxy Gymnastics, Gliders Gymnastics, Head Over Heels Gymnastics, Kennett's School of Gymnastics Inc., Pike Gymnastics, Shooting Starz Gymnastics, Twist N Flip Gymnastics Glenmont, Twist N Flip Gymnastics Rotterdam, World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 5:25 PM*

*March In: 5:45 PM*

*Awards: 9:00 PM*

## Session 5: Bronze

**Saturday, Feb 22, 2025**

*Clubs: Aerials Gymnastics, Dynasty Athletics NY, Galaxy Gymnastics, Head Over Heels Gymnastics, Kennett's School of Gymnastics Inc., Pike Gymnastics, Twist N Flip Gymnastics Colonie, Twist N Flip Gymnastics Rotterdam*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:45 AM*

*March In: 9:05 AM*

*Awards: 11:20 AM*

## Session 6: Level 6

*Clubs: All American Gymnastics - Lynbrook, Artistic Sports Academy Plus, Cartwheels Gymnastics Center LLC, Darien YMCA, Farmingdale Gymnastics Academy, Galaxy Gymnastics, Gliders Gymnastics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Nina's Gymnastics Center, Pike Gymnastics, World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:40 AM*

*March In: 12:00 PM*

*Awards: 3:00 PM*

## Session 7: Level 8,9,10

*Clubs: All American Gymnastics - Lynbrook, Artistic Sports Academy Plus, Cartwheels Gymnastics Center LLC, Darien YMCA, Farmingdale Gymnastics Academy, Gliders Gymnastics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Nina's Gymnastics Center, Pike Gymnastics, Shooting Starz Gymnastics, World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 3:20 PM*

*March In: 3:40 PM*

*Awards: 6:35 PM*

## Session 8: Level 7

*Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Artistic Sports Academy Plus, Cartwheels Gymnastics Center LLC, Darien YMCA, Farmingdale Gymnastics Academy, Gliders Gymnastics, Kennett's School of Gymnastics Inc., Nina's Gymnastics Center, Pike Gymnastics, Shooting Starz Gymnastics, World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 6:55 PM*

*March In: 7:15 PM*

*Awards: 9:40 PM*

## Session 9: Level 2 and Silver (9 and younger)

**Sunday, Feb 23, 2025**

*Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Cartwheels Gymnastics Center LLC, Dynasty Athletics NY, Galaxy Gymnastics, Gliders Gymnastics, Head Over Heels Gymnastics, Kennett's School of Gymnastics Inc., Pike Gymnastics, Shooting Starz Gymnastics, Twist N Flip Gymnastics Colonie, Twist N Flip Gymnastics Glenmont, Twist N Flip Gymnastics Rotterdam*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:40 AM*

## **Session 10: Silver (10 and older)**

*Clubs: Aerials Gymnastics, Dynasty Athletics NY, Galaxy Gymnastics, Head Over Heels Gymnastics, Kennett's School of Gymnastics Inc., Pike Gymnastics, Shooting Starz Gymnastics, Twist N Flip Gymnastics Colonie, Twist N Flip Gymnastics Glenmont, Twist N Flip Gymnastics Rotterdam*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:00 AM*

*March In: 11:20 AM*

*Awards: 1:35 PM*

## **Session 11: Level 3**

*Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Artistic Sports Academy Plus, Cartwheels Gymnastics Center LLC, Darien YMCA, Farmingdale Gymnastics Academy, Galaxy Gymnastics, Gliders Gymnastics, Kennett's School of Gymnastics Inc., World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:55 PM*

*March In: 2:15 PM*

*Awards: 5:05 PM*

## **Session 12: Level 4**

*Clubs: Aerials Gymnastics, All American Gymnastics - Lynbrook, Artistic Sports Academy Plus, Cartwheels Gymnastics Center LLC, Darien YMCA, Farmingdale Gymnastics Academy, Galaxy Gymnastics, Gliders Gymnastics, Kennett's School of Gymnastics Inc., Monticello Gymnastics Club Inc., Pike Gymnastics, World Cup Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 5:25 PM*

*March In: 5:45 PM*

*Awards: 9:00 PM*