

We Are Strong with Maggie Nichols

LR Productions @ York Expo Center

February 7, 2025 - February 9, 2025

Session 1: Level 4 (8/19/14 or later)

Friday, Feb 7, 2025

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

Session 2: Level 5 and 4 (8/18/14 or earlier)

*Format: Modified Capitol Cup
Open Stretch Begins: 11:20 AM
March In: 11:40 AM
Awards: 2:35 PM*

Session 3: Level 6

*Format: Modified Capitol Cup
Open Stretch Begins: 2:55 PM
March In: 3:15 PM
Awards: 6:00 PM*

Session 4: Level 7

*Format: Modified Capitol Cup
Open Stretch Begins: 6:20 PM
March In: 6:40 PM
Awards: 9:30 PM*

Session 5: Silver

Saturday, Feb 8, 2025

*Format: Modified Capitol Cup
Open Stretch Begins: 8:45 AM
March In: 9:05 AM
Awards: 11:30 AM*

Session 6: Level 8

*Format: Modified Capitol Cup
Open Stretch Begins: 11:50 AM
March In: 12:10 PM
Awards: 3:10 PM*

Session 7: Diamond, Level 9 (2/6/10 or later)

*Format: Modified Capitol Cup
Open Stretch Begins: 3:30 PM
March In: 3:50 PM
Awards: 6:20 PM*

Session 8: Level 10 and 9 (2/5/10 or before)

*Format: Modified Capitol Cup
Open Stretch Begins: 6:40 PM
March In: 7:00 PM
Awards: 9:45 PM*

Session 9: Level 2, Level 3 (2/18/16 and later)

Sunday, Feb 9, 2025

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

Session 10: Level 3 (2/17/16 or before) and Bronze

*Format: Modified Capitol Cup
Open Stretch Begins: 10:45 AM
March In: 11:05 AM
Awards: 1:15 PM*

Session 11: Gold

*Format: Modified Capitol Cup
Open Stretch Begins: 1:35 PM
March In: 1:55 PM
Awards: 4:55 PM*

Session 12: Platinum and Sapphire

*Format: Modified Capitol Cup
Open Stretch Begins: 5:15 PM
March In: 5:35 PM
Awards: 8:30 PM*