

# Sparkle & Shine - Lansing, MI

## LR Productions

February 21, 2025 - February 23, 2025

### Session 1: Gold Group 1

#### Friday, Feb 21, 2025

*Clubs: All-Around Gymnastics Center Inc, Capital City Flips, Empowered Athletics LLC, Gymnastic Dreams, KP Gymnastics, PAX Gymnastics, Renzi Gymnastics Academy*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 3:15 PM*

*March In: 3:35 PM*

*Awards: 6:25 PM*

### Session 2: Gold Group 2

*Clubs: Blenheim Kent Golden Eagles, Chalk Headz Training Center, Farmington Gymnastics Center, Gymnastiks Unlimited, Hartland Gymnastics Academy, Lake Side Elite, Inc.*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 6:45 PM*

*March In: 7:05 PM*

*Awards: 9:05 PM*

### Session 3: Platinums

#### Saturday, Feb 22, 2025

*Clubs: All-Around Gymnastics Center Inc, Capital City Flips, Chalk Headz Training Center, Farmington Gymnastics Center, GymKiND Academy, Gymnastic Dreams, Gymnastiks Unlimited, Hartland Gymnastics Academy, Lake Side Elite, Inc., PAX Gymnastics, Renzi Gymnastics Academy*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 11:15 AM*

### Session 4: Level 3 and 4

*Clubs: Capital City Flips, Champion Gymnastics, Cutting Edge Athletics, Farmington Gymnastics Center, Hartland Gymnastics Academy*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:35 AM*

*March In: 11:55 AM*

*Awards: 2:20 PM*

## Session 5: Level 5 and 6

*Clubs: Blenheim Kent Golden Eagles, Champion Gymnastics, Cutting Edge Athletics, Farmington Gymnastics Center, Hartland Gymnastics Academy, R Athletics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 2:40 PM*

*March In: 3:00 PM*

*Awards: 5:30 PM*

## Session 6: Levels 7,8,9, 10, Diamond, Sapphire

*Clubs: Blenheim Kent Golden Eagles, Capital City Flips, Chalk Headz Training Center, Cutting Edge Athletics, Farmington Gymnastics Center, Gymnastic Dreams, Gymnastiks Unlimited, Hartland Gymnastics Academy, Lake Side Elite, Inc., R Athletics, Renzi Gymnastics Academy*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 5:50 PM*

*March In: 6:10 PM*

*Awards: 9:15 PM*

## Session 7: Bronze

**Sunday, Feb 23, 2025**

*Clubs: All-Around Gymnastics Center Inc, Blenheim Kent Golden Eagles, Farmington Gymnastics Center, Gymnastic Dreams, Gymnastiks Unlimited, Lake Side Elite, Inc., Mt Pleasant Gymnastics Academy, PAX Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:20 AM*

## Session 8: Silver Group 1

*Clubs: All-Around Gymnastics Center Inc, Capital City Flips, Farmington Gymnastics Center, GymKiND Academy, KP Gymnastics, Mt Pleasant Gymnastics Academy, Renzi Gymnastics Academy*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 10:40 AM*

*March In: 11:00 AM*

*Awards: 1:30 PM*

## Session 9: Silver Group 2

*Clubs: Blenheim Kent Golden Eagles, Chalk Headz Training Center, Champion Gymnastics, Gymnastic Dreams, Gymnastiks Unlimited, Hartland Gymnastics Academy, Lake Side Elite, Inc., PAX Gymnastics*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:50 PM*

*March In: 2:10 PM*

*Awards: 4:35 PM*