

# Inside Gymnastics 2025

## LR Productions @ Richmond Convention Center

January 24, 2025 - January 26, 2025

### Session 1: NGA 3N 4N GN 6N

**Friday, Jan 24, 2025**

*Format: Modified Capitol Cup*

*Open Stretch Begins: 12:45 PM*

*March In: 1:05 PM*

*Awards: 3:20 PM*

### Session 2: NGA 2BN SN

*Format: Modified Capitol Cup*

*Open Stretch Begins: 3:40 PM*

*March In: 4:00 PM*

*Awards: 5:55 PM*

### Session 3: NGA 5N PN 7N 8N DN 9N 10N

*Format: Modified Capitol Cup*

*Open Stretch Begins: 6:15 PM*

*March In: 6:35 PM*

*Awards: 9:50 PM*

### Session 4: Bronze

**Saturday, Jan 25, 2025**

*Format: Modified Capitol Cup*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:40 AM*

### Session 5: Silver

*Format: Modified Capitol Cup*

*Open Stretch Begins: 11:00 AM*

*March In: 11:20 AM*

*Awards: 1:20 PM*

## **Session 6: Level 6, 7**

*Format: Modified Capitol Cup  
Open Stretch Begins: 1:40 PM  
March In: 2:00 PM  
Awards: 4:45 PM*

## **Session 7: Gold, Diamond, Level 8-10**

*Format: Modified Capitol Cup  
Open Stretch Begins: 5:05 PM  
March In: 5:25 PM  
Awards: 8:20 PM*

## **Session 8: Level 3 (dob after 8/17/15)**

**Sunday, Jan 26, 2025**

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

## **Session 9: Level 3 (dob before 8/17/15)**

*Format: Modified Capitol Cup  
Open Stretch Begins: 10:45 AM  
March In: 11:05 AM  
Awards: 12:50 PM*

## **Session 10: Level 4, 5, Platinum**

*Format: Modified Capitol Cup  
Open Stretch Begins: 1:10 PM  
March In: 1:30 PM  
Awards: 4:25 PM*