

She Can Fly with Shilese Jones

LR Productions in Asheville - Harrahs Cherokee Center

January 17, 2025 - January 19, 2025

Session 1: Gold and Level 4 Group 1

Friday, Jan 17, 2025

Clubs: Carolina Flipz, Empire Gymnastics Training Center, Gym Quest, Inspire Gymnastics LLC, Jump Start Gym, Oconee Gymnastics Center, Rock Hill Gymnastics, Tri-County Gymnastics, Unity Athletics LLC

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:15 AM

Session 2: Silver and Level 4 Group 2

Clubs: Carolina Flipz, Empire Gymnastics Training Center, Gym Quest, Jump Start Gym, Rock Hill Gymnastics, Spartanburg Gymnastics Training Center, Tri-County Gymnastics, Unity Athletics LLC, Winner Circle Athletics

Format: Modified Capitol Cup

Open Stretch Begins: 11:30 AM

March In: 11:50 AM

Awards: 2:35 PM

Session 3: Platinum, Diamond, Sapphire

Clubs: Carolina Flipz, Empire Gymnastics Training Center, Gym Quest, Jump Start Gym, Knightdale Gymnastics, Oconee Gymnastics Center, Rock Hill Gymnastics, Tri-County Gymnastics, Unity Athletics LLC

Format: Modified Capitol Cup

Open Stretch Begins: 2:50 PM

March In: 3:10 PM

Awards: 6:10 PM

Session 4: Level 7 and Level 6 Group 1

Clubs: Carolina Flipz, Empire Gymnastics Training Center, Gym Quest, Gymnastics Unlimited, Inspire Gymnastics LLC, Jump Start Gym, Oconee Gymnastics Center, Rock Hill Gymnastics, Sizemore Gymnastics Academy, Spartanburg Gymnastics Training Center, Unity Athletics LLC

Format: Modified Capitol Cup

Open Stretch Begins: 6:25 PM

March In: 6:45 PM

Awards: 9:50 PM

Session 5: Levels 5,6 (Group 2),8,9,10

Saturday, Jan 18, 2025

Clubs: Champion Mindset Gymnastics, Empire Gymnastics Training Center, Gymnastics Unlimited, Inspire Gymnastics LLC, Jump Start Gym, Rock Hill Gymnastics, Spartanburg Gymnastics Training Center, Unity Athletics LLC

Format: Modified Capitol Cup

Open Stretch Begins: 8:40 AM

March In: 9:00 AM

Awards: 11:40 AM

Session 7: Level 2,3, Bronze

Clubs: Empire Gymnastics Training Center, Gym Quest, Inspire Gymnastics LLC, Jump Start Gym, Rock Hill Gymnastics, Sizemore Gymnastics Academy, Spartanburg Gymnastics Training Center, Tri-County Gymnastics, Unity Athletics LLC, Winner Circle Athletics

Format: Modified Capitol Cup

Open Stretch Begins: 11:55 AM

March In: 12:15 PM

Awards: 2:25 PM

Session 8: AAU Level 2, Silver, Gold

Clubs: Champion Mindset, Knightdale Gymnastics, North Georgia Reign Gymnastics, Positively Gymnastics, Spartanburg Gymnastics Training Center

Format: Modified Capitol Cup

Open Stretch Begins: 2:40 PM

March In: 3:00 PM

Awards: 5:35 PM

Session 9: AAU Platinum, Diamond, Sapphire, 8

Clubs: Champion Mindset, Knightdale Gymnastics, Positively Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 5:50 PM

March In: 6:10 PM

Awards: 9:10 PM

Session 10: AAU Copper, Bronze

Sunday, Jan 19, 2025

Clubs: Champion Mindset, North Georgia Reign Gymnastics, Soar Moor Gymnastics, Spartanburg Gymnastics Training Center

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 9:50 AM

Session 11: NGA 1N 2BN SN

Clubs: Faulkner's Elite, Iga Kids, Legacy Elite, North Georgia Reign Gymnastics, OSEGA, Precision, Revive Elite Training, Sanford Academy Of Gymnastics, Sizemore Gymnastics Academy

Format: Modified Capitol Cup

Open Stretch Begins: 10:05 AM

March In: 10:25 AM

Awards: 12:35 PM

Session 12: NGA 3N 4N 5N

Clubs: Faulkner's Elite, Iga Kids, OSEGA, Sizemore Gymnastics Academy, Soar Moor Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 12:50 PM

March In: 1:10 PM

Awards: 3:10 PM

Session 13: NGA GN DN

Clubs: Faulkner's Elite, Iga Kids, Legacy Elite, OSEGA, Precision, Revive Elite Training, Sanford Academy Of Gymnastics, Soar Moor Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 3:25 PM

March In: 3:45 PM

Awards: 6:30 PM

Session 15: NGA 6N PN 7N 8N 9N 10N

Clubs: Faulkner's Elite, Iga Kids, Legacy Elite, OSEGA, Precision, Revive Elite Training, Sanford Academy Of Gymnastics, Soar Moor Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 6:45 PM

March In: 7:05 PM

Awards: 9:40 PM