

Friday. January 18

A- Level 10 Gym

Session 1 Level 8

8:00-11:00am

8:00am Open Warmup

8:20am Introductions

8:30am Flight A WU/Competition

11:00am Awards

WOGA (15), Royals (1), Rockwall (4), RGA (6)

Golden Grip (2), H-Town (3), Legacy FL (5),

TTG Tall Timbers (2), HGC (3), The Rock (1)

EWA- Prosper (1), Mid-Columbia (6), Bounce (3)

West Valley (5), Ridgewood (4), RGC (3),

Rock Solid (2)

Session 2 Level 10

11:15-1:45

11:15am Open Warmup

11:35am Introductions

11:45am Flight A WU/Competition

1:45pm Awards

Texas Dreams (14), Mat Trotters (4),

OKC Gymnastics (3), Oakland (7), RGA (7),

Trevino's (3), West Valley (3),

Danik (1), JAG- Andover (4)

River City- Arkansas (1)

Session 3 Level 10

2:00-4:30

2:00pm Open Warmup

2:20pm Introductions

2:30pm Flight A WU/Competition

4:30pm Awards

Flame (1), TAG USA (4), Texas Dreams (20)

WOGA (13), TRY- Japan (7), Aspire (4)

ALL SESSIONS - MODIFIED CAPITAL CUP

B Gym

Session 1B Level 9

8:00-11:30am

8:00am Open Warmup

8:20am Introductions

8:30am Flight A WU/Competition

11:30am Awards

Atlanta North Stars (2), All-American TX (2),

Mat Trotters (1), Trevino's (3), Waxahachie (1),

Danik (1), River City- Ark (1), OKC Gym (2) ,

Texas Dreams (8), JAG- Andover(2), SoCo (2),

Texas Champion (1), Eagle (1), TAG USA (6),

Discover (2), Mid-Columbia (6), RGA (1),

Oakland (4), Bay Aerials (2), Aspire (4),

United Elite (1), West Valley (2), Cypress (9)

Diamond (4)

Session 2B Level 9

11:30 - 2:45 pm

11:30am Open Warmup

11:50am Introductions

12:00pm Flight A WU/Competition

Awards

Colorado Aerials (10), Phillips 66 (2), Rock Solid (2),

RGC (2), Zero Gravity (3), HGC (4) , Try-Japan (3) ,

Legacy -FL (4) , Flame (1), WOGA (14), Royals (2),

Legends (1), The Rock (2) , Texas Dreams (9)

Bounce (4), H-Town (6)

Session 3B Level 6

3:00-5:15pm

3:00pm Open Warmup

3:20pm Introductions

3:30pm Flight A WU/Competition

5:15pm Awards

Atlanta North Stars (9) , WOGA (4), Trevino's (1),

TTG Tall Timbers (2), Waxahachie (4),

Texas Champion (4), Bounce (2), Southlake (6)

SoCo (6), United Elite (4)

Session 4 Level 10

4:45-7:15

4:45pm Open Warmup

5:05pm Introductions

5:15pm Flight A WU/Competition

7:15pm Awards

Colorado Aerials (14), WOGA (10), Diamond (6)

Discover (2), United Eilte (2), SoCo (1), Cypress (5)

Legends (1), Phillips 66 (1), Ridgewood (1)

Bay Aerials (2)

Session 4B Level 8

5:30-8:30pm

5:30pm Open Warmup

5:50pm Introductions

6:00pm Flight A WU/Competition

8:30pm Awards

Woodlands (1), Zero Gravity (1),

OKC Gym (5), Texas Dreams (18), River City- Ark (8)

Mat Trotters (3), Aspire (4), Eagle (5),

TAG USA (9), Texas Champion (1), Flame (1)

Waxahachie (2), Atlanta North Stars (5)

JAG-Andover (3)

Saturday. January 19 ALL SESSIONS - MODIFIED CAPITAL CUP

A- Level 10 Gym

Session 5 Level 8

8:00-11:00am

8:00am Open Warmup

8:20am Introductions

8:30am Flight A WU/Competition

11:00am Awards

Texas Dreams (13), SoCo (8), Trevino's (4),
Cypress (6), Phillips 66 (5), United Elite (2),
Oakland (11), Colorado Aerials (7)
Danik (6), Diamond (6)

Session 6 Level 7

11:15-2:30pm

11:15am Open Warmup

11:35am Introductions

11:45am Flight A WU/Competition

2:30pm Awards

Texas Dreams (20), Discover (10), Trevino's (6)
Atlanta North Stars (8), River City-Ark (3),
Diamond (5), United Elite (6), SoCo (8),
Rock Solid (4), Texas Champion (5)
Golden Grip (2), Mid Columbia (2)

Legendz Classic 6:00pm

DOORS OPEN AT 5:30PM

B Gym

Session 5B Level 7

8:00-11:15am

8:00am Open Warmup

8:20am Introductions

8:30am Flight A WU/Competition

11:15am Awards

H-Town (14), Ridgewood (3), Royals (5),
WOGA (14), Aspire (14), Bounce (4),
Legacy Florida (8), Kurt Thomas (8)
Mat Trotters (1), JAG-Andover (7)

Session 6B Level 7

11:30-2:45pm

11:30am Open Warmup

11:50am Introductions

12:00pm Flight A WU/Competition

2:45pm Awards

Cypress (16), Oakland (7), ASI Keller (1)
ASI-Lake Highlands (1), The Rock (4), HGC (3),
Southlake (4), Danik (6), Waxahachie (2),
RGC (3), Phillips 66 (3), Eagle (4)
OKC Gym (6), Rockwall (1)

Session 7B Level 5

3:00-4:45pm

3:00pm Open Warmup

3:20pm Introductions

3:30pm Flight A WU/Competition

4:45pm Awards

WOGA (10), Diamond (8), Danik (4), Aspire (7)
TTG Tall Timbers (2), Eagle (2), Legends (4)
Zero Gravity (3), Texas Dreams (5)

Sunday, January 20
A- Level 10 Gym

Session 7 Level 6

9:00-12:15pm

9:00am Open Warmup
9:20am Introductions
9:30am Flight A WU/Competition
12:15pm Awards

RGC (4), Texas Dreams (26), Oakland (7)
Mat Trotters (5), Legacy Fl (5), OKC Gym (7)
Aspire (7), H-Town (9), Rockwall (6)

Session 8 Level 4

12:30-3:15pm
12:30pm Open Warmup
12:50pm Introductions
1:00pm Flight A WU/Competition
3:15pm Awards

Eagle (13), Mat Trotters (6), Rock Solid (6)
Texas Dreams (24), Zero Gravity (10), Oakland (6)
Danik (7), HGC (1)

Session 9 Level 3

3:30-5:45pm
3:30pm Open Warmup
3:50pm Introductions
4:00pm Flight A WU/Competition
5:45pm Awards

Texas Dreams (25), Rock Solid (9), Royals (7),
United Elite (4), TTG Tall Timbers (3)

ALL SESSIONS - MODIFIED CAPITAL CUP
B Gym

Session 8B Level 6

9:00-12:15

9:00am Open Warmup
9:20am Introductions
9:30am Flight A WU/Competition
12:15pm Awards

All American Tx (4),EWA Prosper (8),
Zero Gravity (8), Royals (5), Phillips 66 (4),
Kurt Thomas (11), Discover (12), Eagle (4),,
ASI- Lake Highlands (8) ,Rock Solid (8)
Legends (4), Legends (4)

Session 9B Level 4

12:30-3:15pm
12:30pm Open Warmup
12:50pm Introductions
1:00pm Flight A WU/Competition
3:15pm Awards

Legends (11), Texas Dreams (25),
Aspire (16), WOGA (7), Rockwall (1), Royals (10)
TTG Tall Timbers (3)

Session 10B Level 3

3:30-5:45pm
3:30pm Open Warmup
3:50pm Introductions
4:00pm Flight A WU/Competition
5:45pm Awards

WOGA (11), Zero Gravity (14), Eagle (6),
Aspire (15)