

**2010 Daytona Beach Open  
February 6, 7 2010**

**Saturday February 6, 2010**

**Gym A  
Women's Capitol Cup**

**Session 1**

USAG Level 9 from the following Gyms:

ACPR, Bieger International, Buffalo Grove, Chelle Stack's, Cherry Hill, First Coast, GCC, Golden City, Madison, Orlando Metro, Salem Gymnastics, Southern Starz, Youngstown

And

USAG Level 10's from the following Gyms:

ACPR, Buffalo Grove, Cutting Edge, GCC, Gymnastics Unlimited, Gymnastic Revolution, Madison, Salem Gymnastics, Stumpf's, Sun Country, Suncoast, TNT, Youngstown

8:00 am – 8:30 am    Stretch  
8:30 am – 8:45 am    Warm up  
8:45 am – 12:00 pm    Competition  
Individual awards to follow.

Nikki  
Michaela

**Session 2**

USAG Level 9 from the following Gyms:

ACE, Chow's, Club Les Reflex, Cutting Edge, Gymnastics Unlimited, LaFleur's Tampa, Park Avenue, Starlight, Stumpf's, Sun Country, Suncoast, TNT, Tampa Bay Turners, Treasure Coast

12:00 pm – 12:30 pm    Stretch  
12:30 – 12:45 pm    Warm up  
12:45 pm – 4:00 pm    Competition  
Level 9 Individual and Team awards to follow

Hailey Hampton  
Hailey Edmonds  
Claudia  
Beth

**Session 3**

USAG Level 10 from the following Gyms:

ACE, Aerial, Bieger International, Cherry Hill, Chow's, LaFleur's Tampa, Orlando Metro, Park Avenue, Starlight, Tampa Bay Turners, Treasure Coast

4:00 pm – 4:30 pm    Stretch  
4:30 pm – 4:45 pm    Warm up  
4:45 pm – 8:00 pm    Competition  
Individual and Level 10 Team awards to follow.

Alicia

**2010 Daytona Beach Open  
February 6, 7, 2010**

**Saturday February 6, 2010**

**Gym B  
Women's Capital Cup Competition**

**Session 1**

USAG Level 7 from the following Gyms:  
Apollo, Cutting Edge, Golden City, LaFleur's Tampa, Starlight, Suncoast, TNT, Tampa Bay Turners,  
Treasure Coast

8:00 am – 8:30 am Stretch  
8:30 am – 8:45 am Warm up  
8:45 am – 12:00 pm Competition  
Individual awards to follow.

**Session 2**

USAG Level 7 from the following Gyms:  
ACA, ACE, ACPR, Bieger International, Chow's, Club Les Reflex, East Coast, First Coast, GCC,  
Gymnators, Harbor City, Madison, Orlando Metro, Park Avenue, Powerhouse, Southern Starz,  
Sun Country, Top Contenders, World Class, Youngstown

12:00 pm – 12:30 pm Stretch  
12:30 pm – 12:45 pm Warm up  
12:45 pm – 4:00 pm Competition  
Individual and Team awards to follow.

Brianna  
Lauren  
Katie  
Angel

**Session 3**

ALL USAG Prep Optionals

4:00 pm – 4:30 pm Stretch  
4:30 pm – 4:45 pm Warm up  
4:45 pm – 8:00 pm Competition  
Individual and Team awards to follow.

**2010 Daytona Beach Open**  
**February 6, 7 2010**

Sunday February 7, 2010

**Gym A**  
**Women's Capitol Cup**

**Session 4**

**USAG Level 8** from the following Gyms:

ACA, ACE, Apollo, Bieger International, Club Les Reflex, Cutting Edge, GCC, Gyminators,  
Gymnastic Revolution, LaFleur's Tampa, Madison, Powerhouse, Salem, Southern Starz, Starlight,  
Sun Country, Suncoast, TNT, Treasure Coast, Youngstown

8:00 am – 8:30 am   Stretch  
8:30 am – 8:45 am   Warm up  
8:45 am – 12:00 pm   Competition  
Individual awards to follow.

Dallas  
Ashley  
Brooke

**Session 5**

**USAG Level 8** from the following Gyms:

ACPR, Cherry Hill, Chow's, First Coast, Golden City, Gymnastics Unlimited, Orlando Metro,  
Park Avenue, Tampa Bay Turners

12:00 pm – 12:30 pm   Stretch  
12:30 pm – 12:45 pm   Warm up  
12:45 pm – 4:00 pm   Competition  
Individual and Team awards to follow.

**Session 6**

**AAU Levels 2,3,4**

4:00 pm – 4:20 pm   Stretch  
4:20 pm – 4:30 pm   Warm up  
4:30 pm – 6:30 pm   Competition  
Individual and Team awards to follow.

**The Ocean Center Daytona Beach is at 101 N. Atlantic Ave.**

in Daytona Beach, Florida, directly across from the Hilton Daytona Beach Oceanfront Resort. Travel I-4 east to International Speedway Boulevard/U.S. 92. Continue east on U.S. 92 to S.R. A1A. Travel north on A1A. The Ocean Center is less than 1 mile on the left.

**Driving Directions:**

**From Tampa, Orlando, DeLand, and Deltona:** Take I-4 east to International Speedway Boulevard (U.S. 92). Continue east to Atlantic Avenue (A1A) traveling north to Earl Street and turn left. The parking garage is on the right.

**From Jacksonville, St. Augustine, and Palm Coast:** Take I-95 south to International Speedway Boulevard (U.S. 92). Go east on International Speedway Boulevard to Atlantic Avenue and turn left. Continue north to Earl Street and turn left. The parking garage is on the right.

**From Miami, Broward, Brevard, and New Smyrna Beach:** Take I-95 north to International Speedway Boulevard (U.S. 92). Go east on International Speedway Boulevard to Atlantic Avenue and turn left. Continue north to Earl Street and turn left. The parking garage is on the right.

**Host Hotels:**

The Plaza Resort & Spa                      *386-255-4471*  
600 N. Atlantic Avenue                      **\$155/per day**  
Daytona Beach, FL 32118

Hilton at Ocean Walk                         *386-254-8200*  
100 N. Atlantic Avenue                      **\$155/per day**  
Daytona Beach, FL 32118