

2013 USA Gymnastics Men's State Championships Clearwater, Florida Competition Schedule

Friday, March 15, 2013

Session FR1 - Modified Capitol Cup Technical Sequences		Session FR2 - Capitol Cup Level 5, 7-8 and 11+ Age Groups	
Florida Gymnastics Training Center, First Coast, LaFleur's Tampa, Orlando Metro, Universal Gymnastics		ACE, Apollo, CATS, Coast Elite, East Coast, FGTC, First Coast, Fit Club, Florida Flips, Gulf Coast, Gym Force, Gymnastics Etc., Gymnastics Plus, Hollywood YMCA, LaFleur's Tampa, North Florida, Oldsmar, Orlando Metro, Park Avenue, South Florida, South Miami, Southern Starz, Sun Country, TAG USA, TGR, TNT, Trousdell, Twisters, Universal Gymnastics	
General Stretch	12:00 PM	General Stretch	2:45 PM
Introductions and March In	12:20 PM	Introductions and March In	3:05 PM
Competition	12:30 PM	Competition	3:15 PM
Individual Awards to follow.			

Session FR3 Level 5, 9 - 10 Age Group	
ACE, CATS, FGTC, First Coast, Florida Flips, Gulf Coast, Gym Force, Gymnastics Plus, Hollywood YMCA, International Gold, LaFleur's Tampa, Naples Progressive, North Florida, Orlando Metro, Park Avenue, South Florida, South Miami, Sun Country, TAG USA, TGR, TNT, Trousdell, Universal Gymnastics	
General Stretch	6:15 PM
Introductions and March In	6:35 PM
Competition	6:45 PM
Individual and Team Awards to follow.	

Regional Qualifiers must commit and sign up for Regional Championships within one hour of their Awards Ceremonies at the Registration Desk.

Regional Registration to be handled by the coaching staff, or Gym Representative.

Regional Entry Fees to be paid with a single Business Check.

Saturday, March 16, 2013

Session SA1 - Capitol Cup Level 6	
ACE, Apollo, CATS, FGTC, First Coast, Fit Club, Gallagher's, Gulf Coast, Gym Force, Gymnastics Plus, Harbor City, Hollywood YMCA, International Gold, LaFleur's Tampa, North Florida, Oldsmar, Orlando Metro, Southern Starz, Stick It, Sun Country, TAG USA, TGR, TNT, Trousdell, Twisters, Universal Gymnastics	
General Stretch	8:00 AM
Introductions and March In	8:20 AM
Competition	8:30 AM
Individual and Team Awards to follow.	

Session SA2 - Capitol Cup Levels 7 & 8	
ACE, Apollo, CATS, East Coast, FGTC, First Coast, Gallagher's, Gulf Coast, Gym Force, Gymnastics Plus, Harbor City, Hollywood YMCA, International Gold, LaFleur's Tampa, North Florida, Oldsmar, Orlando Metro, Park Avenue, South Miami, Southern Starz, Stick It, TAG USA, TGR, Trousdell, Twisters, Universal Gymnastics	
General Stretch	12:30 PM
Introductions and March In	12:50 PM
Competition	1:00 PM
Individual and Team Awards to follow.	

Session SA3 - Modified Capitol Cup Levels 9 & 10	
ACE, Apollo, FGTC, First Coast, Gallagher's, Gulf Coast, Gym Force, Gymnastics Plus, Gymnastics Unlimited, LaFleur's Tampa, North Florida, Oldsmar, Orlando Metro, South Miami, Stick It, Sun Country, TAG USA, TGR, Trousdell, Universal Gymnastics	
General Stretch	4:30 PM
Introductions and March In	4:50 PM
Competition	5:00 PM
Individual and Team Awards to follow.	

Regional Qualifiers must commit and sign up for Regional Championships within one hour of their Awards Ceremonies at the Registration Desk.

Regional Registration to be handled by the coaching staff, or Gym Representative.

Regional Entry Fees to be paid with a single Business Check.

Sunday, March 17, 2013

Session SU1 - Capitol Cup Level 4	
CATS, FGTC, Gallagher's, Gulf Coast, Gymnastics Plus, Park Avenue, Power Tumble, South Miami, TAG USA Gymnastics, TGR, Twisters, Universal Gymnastics	
General Stretch	8:00 AM
Introductions and March In	8:20 AM
Competition	8:30 AM
Individual and Team Awards to follow.	

Session SU2 - Capitol Cup Level 4	
ACE, Coral Reef, East Coast, First Coast, Gym Force ATC, Harbor City, Naples Progressive, North Florida, Taylor, TNT, Trousdell, Universal Academy	
General Stretch	11:15 AM
Introductions and March In	11:35 AM
Competition	11:45 AM
Individual and Team Awards to follow.	

Session SU3 Level 4	
Apollo, Bayside, Brown's Gym Orbit, Coast Elite, Fit Club, Flip & Twist, Florida Flips, LaFleur's Tampa, Oldsmar, Orlando Metro, South Florida, Sun Country	
General Stretch	2:30 PM
Introductions and March In	2:50 PM
Competition	3:00 PM
Individual and Team Awards to follow.	

Revised: March 6, 2013