

ARLINGTON AERIALS IS PROUD TO HOST THE  
**AERIALS INVITATIONAL**



**JANUARY 12 – 14, 2018**



**BARCROFT SPORTS & FITNESS CENTER**  
**4200 South Four Mile Run Drive / Arlington, VA 22206**  
**Phone: 703-228-0707 / Fax: 703-228-0714**

Capital Cup Competition Format: Warm-up in Gym 1 and compete in Gym 2 rotating in Olympic order.  
**Please send enough coaches for your team based on how many flights your team is placed in for the session.**  
 AWARDS will proceed immediately after the completion of the session in the competition gym.

**SESSION 1 (Level 3) – 82 gymnasts**

<b>Friday, January 12, 2018</b> 2:00pm – Gymnast Check-in 2:30pm – Open Stretch 2:50pm – Warm-up / Competition 5:30pm – Awards  <i>Gyms requiring 2 coaches:</i> <b>Aerials, GMS, MEGA-DC</b>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	GMS	11
		Flight 2	Aerials	12
	Bars	Flight 1	Stafford Royals	10
		Flight 2	MEGA-DC	10
	Beam	Flight 1	GMS	11
		Flight 2	Aerials	6
			Fairfax Gymnastics	6
	Floor	Flight 1	Majik Saints	8
		Flight 2	MEGA-DC	8

**SESSION 2 (Level 3 & Xcel Bronze) – 96 gymnasts**

<b>Friday, January 12, 2018</b> 5:30pm – Gymnast Check-in 6:00pm – Open Stretch 6:20pm – Warm-up / Competition 9:15pm – Awards <b>LEVEL 3 TEAM AWARD!</b> <b>XCEL BRONZE TEAM AWARD!</b>  <i>Gyms requiring 2 coaches:</i> <b>APEX, Chantilly, GMS, WISC</b>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Chantilly – Level 3	12
		Flight 2	WISC – Level 3	13
	Bars	Flight 1	Aerials – Level 3	11
		Flight 2	APEX – Level 3	10
	Beam	Flight 1	Chantilly – Level 3	4
			Chantilly – Bronze	9
		Flight 2	Shenandoah – Bronze	6
			WISC – Bronze	6
	Floor	Flight 1	GMS – Bronze	12
Flight 2		GMS – Bronze	8	
		APEX – Level 3	5	

**SESSION 3 (Level 4) – 71 gymnasts**

<b>Saturday, January 13, 2018</b> 7:30am – Gymnast Check-in 8:00am – Open Stretch 8:20am – Warm-up / Competition 11:00am – Awards  <i>Gyms requiring 2 coaches:</i> <b>Aerials, APEX, Chantilly, WISC</b>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Aerials	8
		Flight 2	Chantilly	8
	Bars	Flight 1	WISC	10
		Flight 2	APEX	9
	Beam	Flight 1	Aerials	8
		Flight 2	Chantilly	9
	Floor	Flight 1	WISC	5
Fairfax Gymnastics			5	
Flight 2		APEX	9	

## SESSION 4 (Level 4 & 5) – 80 gymnasts

<p><b>Saturday, January 13, 2018</b>            10:45am – Gymnast Check-in            11:15am – Open Stretch            11:35am – Warm-up / Competition            2:30pm – Awards  <b>LEVEL 4 TEAM AWARD!</b>  <b>LEVEL 5 TEAM AWARD!</b>  <i>Gyms requiring 2 coaches: Aerials, APEX</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX – Level 4	9
		Flight 2	Chantilly – Level 5	10
	Bars	Flight 1	Majik Saints – Level 4	8
		Flight 2	Majik Saints – Level 5 Aerials – Level 5	1 12
	Beam	Flight 1	APEX – Level 4	9
		Flight 2	YMCA – Level 4 YMCA – Level 5	4 3
	Floor	Flight 1	MEGA-DC – Level 4	6
Flight 2		WISC – Level 5 Aerials – Level 5	6 12	

## SESSION 5 (Level 7 & 8) – 64 gymnasts

<p><b>Saturday, January 13, 2018</b>            2:15pm – Gymnast Check-in            2:45pm – Open Stretch            3:05pm – Warm-up / Competition            6:15pm – Awards  <b>LEVEL 7 TEAM AWARD!</b>  <i>Gyms requiring 2 coaches: Chantilly</i>  <i>Gyms requiring 3 coaches: Aerials, APEX</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Baltimore – 7s & 8s	9
		Flight 2	Aerials – Level 8	9
	Bars	Flight 1	APEX – Level 8	8
		Flight 2	Aerials – Level 7 Chantilly – Level 7	3 5
	Beam	Flight 1	APEX – Level 7 APEX – Level 8	6 2
		Flight 2	Aerials – Level 7	7
	Floor	Flight 1	APEX – Level 7 WISC – Level 8 YMCA – Level 8	4 1 2
Flight 2		Chantilly – Level 7	8	

## SESSION 6 (Level 6 & 9) – 55 gymnasts

<p><b>Saturday, January 13, 2018</b>            6:00pm – Gymnast Check-in            6:30pm – Open Stretch            6:50pm – Warm-up / Competition            9:30pm – Awards  <b>LEVEL 6 TEAM AWARD!</b>  <b>LEVEL 8/9 TEAM AWARD!</b>  <i>Gyms requiring 2 coaches: Aerials, Chantilly</i>  <i>Gyms requiring 4 coaches: APEX</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Chantilly – Level 6	7
		Flight 2	APEX – Level 9	7
	Bars	Flight 1	APEX – Level 6	7
		Flight 2	APEX – Level 9 Aerials – Level 9 Baltimore – Level 9	2 2 2
	Beam	Flight 1	Chantilly – Level 6 Majik Saints – Level 6	6 1
		Flight 2	Aerials – Level 6	7
	Floor	Flight 1	APEX – Level 6	7
Flight 2		WISC – Level 6 YMCA – Level 6	3 4	

## SESSION 7 (Xcel Silver & Aerials Xcel Gold) – 71 gymnasts

<p><b>Sunday, January 14, 2018</b>                  8:00am – Gymnast Check-in                  8:30am – Open Stretch                  8:50am – Warm-up / Competition                  11:00am – Awards  <b>XCEL SILVER TEAM AWARD!</b>  <i>Gyms requiring 2 coaches: Fairfax, GMS</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	GMS	10
		Flight 2	Fairfax Gymnastics	8
	Bars	Flight 1	Gym Inc.	10
		Flight 2	Chantilly	6
	Beam	Flight 1	GMS	10
Flight 2		Fairfax Gymnastics	8	
Floor	Flight 1	Aerials – Gold	5	
	Flight 2	WISC	5	
		Shenandoah Tumblers	3	
		YMCA	6	

## SESSION 8 (Xcel Gold) – 96 gymnasts

<p><b>Sunday, January 14, 2018</b>                  10:45am – Gymnast Check-in                  11:15am – Open Stretch                  11:35am – Warm-up / Competition                  3:15pm – Awards  <b>XCEL GOLD TEAM AWARD!</b>  <i>Gyms requiring 2 coaches: GMS, Gym Inc.</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Stafford	12
		Flight 2	GMS	12
	Bars	Flight 1	Aerials	9
		Flight 2	YMCA	2
			Gym Inc.	12
	Beam	Flight 1	Fairfax Gymnastics	7
		Flight 2	MEGA-DC	6
			APEX	10
	Floor	Flight 1	GMS	3
WISC			10	
Flight 2		Chantilly	10	
		Gym Inc.	3	

## SESSION 9 (Xcel Platinum & Diamond) – 65 gymnasts

<p><b>Sunday, January 14, 2018</b>                  3:00pm – Gymnast Check-in                  3:30pm – Open Stretch                  3:50pm – Warm-up / Competition                  6:30pm – Awards  <b>XCEL PLATINUM TEAM AWARD!</b>  <b>XCEL DIAMOND TEAM AWARD!</b>  <i>Gyms requiring 2 coaches: Chantilly</i>    <i>Gyms requiring 3 coaches: Aerials</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	WISC – Platinum	8
		Flight 2	Chantilly – Platinum	7
	Bars	Flight 1	Aerials – Platinum	8
		Flight 2	APEX – Platinum	4
			APEX – Diamond	4
	Beam	Flight 1	Aerials – Diamond	7
		Flight 2	YMCA – Platinum	2
			Chantilly – Platinum	2
			Chantilly – Diamond	1
MEGA-DC – Platinum			5	
Floor	Flight 1	Aerials – Platinum	3	
	Flight 2	Gym Inc. – Platinum	5	
		Fairfax – Platinum	9	