

ARLINGTON AERIALS IS PROUD TO HOST THE
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JANUARY 11 – 13, 2019



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.

IMPORTANT: Parking and Spectator Seating is tight so please do not arrive prior to Gymnast Check-in!

SESSION 1 (Level 3) – 88 gymnasts

Friday, January 11, 2019 1:30pm – Gymnast Check-in 2:00pm – Open Stretch 2:20pm – Warm-up / Competition 5:15pm – Awards LEVEL 3 TEAM AWARD <i>Gyms requiring 2 coaches: Aerials, APEX, Chantilly, GMS</i>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX	10
	Bars	Flight 1	Chantilly	13
	Beam	Flight 1	APEX	10
	Floor	Flight 1	MEGA-DC Chantilly	7 6
	Vault	Flight 2	GMS	10
	Bars	Flight 2	Aerials	12
	Beam	Flight 2	Aerials	7
			GMS	4
	Floor	Flight 2	River City	9

SESSION 2 (Level 4) – 80 gymnasts

Friday, January 11, 2019 5:15pm – Gymnast Check-in 5:45pm – Open Stretch 6:05pm – Warm-up / Competition 9:30pm – Awards LEVEL 4 TEAM AWARD <i>Gyms requiring 2 coaches: Aerials, APEX, GMS</i>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	GMS	9
	Bars	Flight 1	Aerials	10
	Beam	Flight 1	GMS	9
	Floor	Flight 1	Aerials River City	4 4
	Vault	Flight 2	Chantilly	12
	Bars	Flight 2	APEX	11
	Beam	Flight 2	MEGA- DC	11
	Floor	Flight 2	APEX	10

SESSION 3 (Level 6) – 76 gymnasts

Saturday, January 12, 2019 7:30am – Gymnast Check-in 8:00am – Open Stretch 8:20am – Warm-up / Competition 11:45am – Awards LEVEL 6 TEAM AWARD <i>Gyms requiring 2 coaches: Chantilly Gyms requiring 3 coaches: APEX</i>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX	9
	Bars	Flight 1	APEX	9
	Beam	Flight 1	Aerials	12
	Floor	Flight 1	APEX	9
	Vault	Flight 2	Chantilly	9
	Bars	Flight 2	GMS	11
	Beam	Flight 2	Chantilly MEGA-DC	5 5
	Floor	Flight 2	Stafford	7

SESSION 4 (Level 7) – 40 gymnasts

Note: This session will be modified capital cup only using the competition side

<p>Saturday, January 12, 2019 11:45am – Gymnast Check-in 12:00pm – Open Stretch 12:20pm – Warm-up / Competition 2:15pm – Awards LEVEL 7 TEAM AWARD</p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1 Flight 2	Aerials MEGA-DC	7 3
	Bars	Flight 1 Flight 2	APEX	6 6
	Beam	Flight 1 Flight 2	GMS Stafford	3 5
	Floor	Flight 1 Flight 2	Chantilly	5 5

SESSION 5 (Level 8, 9 & 10) – 45 gymnasts

Note: This session will be modified capital cup only using the competition side

<p>Saturday, January 12, 2019 2:15pm – Gymnast Check-in 2:30pm – Open Stretch 2:50pm – Warm-up / Competition 5:45pm – Awards LEVEL 8-10 TEAM AWARD <i>Gyms requiring 2 coaches: Aerials, APEX</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1 Flight 2	Chantilly – Level 8	6 5
	Bars	Flight 1 Flight 2	APEX – Level 9	6 6
	Beam	Flight 1 Flight 2	Aerials – Level 8 & 9	6 6
	Floor	Flight 1 Flight 2	Aerials – Level 8 APEX – Level 8 & 10 Youth Sports – Level 10	5 4 1

SESSION 6 (Xcel Platinum & Diamond) – 68 gymnasts

<p>Saturday, January 12, 2019 5:30pm – Gymnast Check-in 6:00pm – Open Stretch 6:20pm – Warm-up / Competition 9:30pm – Awards XCEL PLATINUM TEAM AWARD XCEL DIAMOND TEAM AWARD <i>Gyms requiring 2 coaches: Aerials, Fairfax</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Aerials – Platinum	10
	Bars	Flight 1	GMS – Platinum	10
	Beam	Flight 1	Aerials – Diamond APEX – Plat & Dia	5 4
	Floor	Flight 1	Stafford – Platinum	10
	Vault	Flight 2	Fairfax – Diamond	9
	Bars	Flight 2	Chantilly – Platinum	7
	Beam	Flight 2	Fairfax – Platinum	5
	Floor	Flight 2	G-Force – Plat & Dia	8

SESSION 7 (Xcel Bronze) – 50 gymnasts

Note: This session will be modified capital cup only using the competition side

<p>Sunday, January 13, 2019 7:45am – Gymnast Check-in 8:00am – Open Stretch 8:20am – Warm-up / Competition 10:00am – Awards XCEL BRONZE TEAM AWARD <i>Gyms requiring 2 coaches: G-Force, Stafford</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	G-Force	12
	Bars	Flight 1	Stafford	12
	Beam	Flight 1	G-Force Stafford	6 6
	Floor	Flight 1	GMS Shenandoah Tumblers	11 3

SESSION 8 (Xcel Silver) – 75 gymnasts

<p>Sunday, January 13, 2019 9:45am – Gymnast Check-in 10:15am – Open Stretch 10:35am – Warm-up / Competition 1:15pm – Awards XCEL SILVER TEAM AWARD <i>Gyms requiring 2 coaches: G-Force, Stafford</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Chantilly	12
	Bars	Flight 1	G-Force	10
	Beam	Flight 1	GMS	13
	Floor	Flight 1	G-Force	10
	Vault	Flight 2	Stafford	7
	Bars	Flight 2	Fairfax	9
	Beam	Flight 2	Stafford	7
	Floor	Flight 2	DDC Shenandoah Tumblers	3 4

SESSION 9 (Xcel Gold) – 70 gymnasts

<p>Sunday, January 13, 2019 1:00pm – Gymnast Check-in 1:30pm – Open Stretch 1:50pm – Warm-up / Competition 4:45pm – Awards <i>Gyms requiring 2 coaches: Aerials, Chantilly, G-Force, GMS</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Aerials	9
	Bars	Flight 1	G-Force	8
	Beam	Flight 1	Aerials	8
	Floor	Flight 1	G-Force	8
	Vault	Flight 2	GMS	8
	Bars	Flight 2	Chantilly	10
	Beam	Flight 2	GMS	9
	Floor	Flight 2	Chantilly DDC	5 5

SESSION 10 (Level 5 & Xcel Gold) – 75 gymnasts

<p>Sunday, January 13, 2019 4:30pm – Gymnast Check-in 5:00pm – Open Stretch 5:20pm – Warm-up / Competition 8:30pm – Awards XCEL GOLD TEAM AWARD LEVEL 5 TEAM AWARD <i>Gyms requiring 2 coaches: Aerials, Fairfax</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX – Gold	12
	Bars	Flight 1	Fairfax – Gold	8
	Beam	Flight 1	Stafford – Gold	11
	Floor	Flight 1	Fairfax – Gold	7
	Vault	Flight 2	GMS – Level 5	9
	Bars	Flight 2	Aerials – Level 5	8
	Beam	Flight 2	Chantilly – Level 5	10
	Floor	Flight 2	Aerials – Level 5	10