

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



**JANUARY 10 – 12, 2020**



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 (Xcel Bronze) – 67 gymnasts**

<b>Friday, January 10, 2020</b> 2:30pm – Gymnast Check-in 3:00pm – Open Stretch 3:20pm – Warm-up / Competition 5:45pm – Awards <b>XCEL BRONZE TEAM AWARD</b>  <i>Gyms requiring 2 coaches:                  BRAG &amp; Stafford</i>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	GMS	10
	Bars	Flight 1	Stafford	8
	Beam	Flight 1	Apollo	8
	Floor	Flight 1	Stafford	10
	Vault	Flight 2	Cardinal	3
			Gymnastics World	6
	Bars	Flight 2	BRAG	7
	Beam	Flight 2	Dulles	8
Floor	Flight 2	BRAG	7	

**SESSION 2 (Xcel Silver) – 67 gymnasts**

<b>Friday, January 10, 2020</b> 5:30pm – Gymnast Check-in 6:00pm – Open Stretch 6:20pm – Warm-up / Competition 8:45pm – Awards <b>XCEL SILVER TEAM AWARD</b>  <i>Gyms requiring 2 coaches:                  Apollo, BRAG &amp; GMS</i>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	BRAG	10
	Bars	Flight 1	GMS	8
	Beam	Flight 1	BRAG	11
	Floor	Flight 1	GMS	7
	Vault	Flight 2	Apollo	7
	Bars	Flight 2	Dulles	11
	Beam	Flight 2	Apollo	5
			Cardinal	2
Floor	Flight 2	Gymnastics World	6	

**SESSION 3 (Level 3) – 75 gymnasts**

<b>Saturday, January 11, 2020</b> 7:30am – Gymnast Check-in 8:00am – Open Stretch 8:20am – Warm-up / Competition 10:45am – Awards  <i>Gyms requiring 2 coaches:                  BRAG &amp; World Class</i>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	BRAG	11
	Bars	Flight 1	Aerials	12
	Beam	Flight 1	BRAG	11
	Floor	Flight 1	GMS	8
	Vault	Flight 2	World Class	11
	Bars	Flight 2	Cardinal	8
	Beam	Flight 2	World Class	11
	Floor	Flight 2	YMCA	3

## SESSION 4 (Level 3) – 64 gymnasts

<p><b>Saturday, January 11, 2020</b>                  10:30am – Gymnast Check-in                  11:00am – Open Stretch                  11:20am – Warm-up / Competition                  1:30pm – Awards</p> <p><b>LEVEL 3 TEAM AWARD</b></p> <p><i>Gyms requiring 2 coaches:                  Aerials, APEX &amp; World Class</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Apollo	10
	Bars	Flight 1	APEX	9
	Beam	Flight 1	Aerials	10
	Floor	Flight 1	APEX	9
	Vault	Flight 2		open
	Bars	Flight 2	World Class	9
	Beam	Flight 2	Dulles Gymnastics World	7 1
	Floor	Flight 2	World Class	9

## SESSION 5 (Levels 6 & 7) – 79 gymnasts

<p><b>Saturday, January 11, 2020</b>                  1:00pm – Gymnast Check-in                  1:30pm – Open Stretch                  1:50pm – Warm-up / Competition                  5:30pm – Awards</p> <p><b>LEVEL 6 TEAM AWARD</b>  <b>LEVEL 7 TEAM AWARD</b></p> <p><i>Gyms requiring 2 coaches:                  Aerials &amp; Dulles</i></p> <p><i>Gyms requiring 3 coaches: APEX</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX - Level 6	12
	Bars	Flight 1	YMCA – Level 6 Dulles – Level 6	7 5
	Beam	Flight 1	APEX – Level 7	10
	Floor	Flight 1	APEX – Level 7 BRAG – Level 7	4 6
	Vault	Flight 2	Gym World – Level 6 Stafford – Level 6 & 7	1 8
	Bars	Flight 2	Aerials – Level 6	9
	Beam	Flight 2	Dulles – Level 7	9
	Floor	Flight 2	Aerials – Level 6 & 7	8

## SESSION 6 (Levels 8, 9, & 10) – 63 gymnasts

<p><b>Saturday, January 11, 2020</b>                  5:00pm – Gymnast Check-in                  5:30pm – Open Stretch                  5:50pm – Warm-up / Competition                  9:30pm – Awards</p> <p><b>LEVEL 8 TEAM AWARD</b>  <b>LEVEL 9/10 TEAM AWARD</b></p> <p><i>Gyms requiring 2 coaches: APEX &amp; Dulles</i>  <i>Gyms requiring 3 coaches: Aerials</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX – Level 8 & 10	10
	Bars	Flight 1	Dulles – Level 9	5
	Beam	Flight 1	APEX – Level 9	11
	Floor	Flight 1	Dulles – Level 8 BRAG – Level 8	6 2
	Vault	Flight 2	Aerials – Level 9	8
	Bars	Flight 2	Aerials – Level 8	7
	Beam	Flight 2	Aerials – Level 8	6
	Floor	Flight 2	Stafford – Level 8 & 9	8

## SESSION 7 (Level 4) – 62 gymnasts

<p><b>Sunday, January 12, 2020</b>                  7:30am – Gymnast Check-in                  8:00am – Open Stretch                  8:20am – Warm-up / Competition                  10:45am – Awards</p> <p><i>Gyms requiring 4 coaches:                  World Class</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	World Class	6
	Bars	Flight 1	World Class	11
	Beam	Flight 1	World Class	10
	Floor	Flight 1	World Class	8
	Vault	Flight 2	Aerials	10
	Bars	Flight 2	Dulles	9
	Beam	Flight 2	BRAG	8
	Floor	Flight 2	open	

## SESSION 8 (Levels 4 & 5) – 73 gymnasts

<p><b>Sunday, January 12, 2020</b>                  10:15 am – Gymnast Check-in                  10:45am – Open Stretch                  11:05am – Warm-up / Competition                  1:45pm – Awards</p> <p><b>LEVEL 4 TEAM AWARD</b>  <b>LEVEL 5 TEAM AWARD</b></p> <p><i>Gyms requiring 2 coaches:                  Aerials, APEX &amp; World Class</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	APEX – Level 4	11
	Bars	Flight 1	Aerials – Level 4	9
	Beam	Flight 1	APEX – Level 4	11
	Floor	Flight 1	YMCA – Level 4 Gym World – 4 & 5	6 4
	Vault	Flight 2	BRAG – Level 5	7
	Bars	Flight 2	World Class – Level 5	7
	Beam	Flight 2	Aerials – Level 5	10
	Floor	Flight 2	World Class – Level 5	8

## SESSION 9 (Xcel Gold) – 79 gymnasts

<p><b>Sunday, January 12, 2020</b>                  1:15pm – Gymnast Check-in                  1:45pm – Open Stretch                  2:05pm – Warm-up / Competition                  5:00pm – Awards</p> <p><b>XCEL GOLD TEAM AWARD</b></p> <p><i>Gyms requiring 2 coaches: Aerials &amp; Dulles                  Gyms requiring 3 coaches: BRAG</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	BRAG	10
	Bars	Flight 1	BRAG	10
	Beam	Flight 1	BRAG APEX	4 6
	Floor	Flight 1	Aerials Gymnastics World	6 5
	Vault	Flight 2	Dulles	9
	Bars	Flight 2	Aerials	10
	Beam	Flight 2	GMS	11
	Floor	Flight 2	Dulles	8

## SESSION 10 (Xcel Platinum & Diamond) – 70 gymnasts

<p><b>Sunday, January 12, 2020</b>                  4:30pm – Gymnast Check-in                  5:00pm – Open Stretch                  5:20pm – Warm-up / Competition                  9:15pm – Awards</p> <p><b>XCEL PLATINUM TEAM AWARD</b>  <b>XCEL DIAMOND TEAM AWARD</b></p> <p><i>Gyms requiring 2 coaches:                  APEX, Dulles &amp; GMS                  Gyms requiring 3 coaches: Aerials</i></p>	Starting Event		Team	# of Gymnasts
	Vault	Flight 1	Aerials – Platinum	8
	Bars	Flight 1	Aerials – Plat & Dia	9
	Beam	Flight 1	Aerials – Platinum BRAG – Plat & Dia	3 7
	Floor	Flight 1	Dulles – Plat & Dia	9
	Vault	Flight 2	GMS – Platinum	8
	Bars	Flight 2	APEX – Platinum	7
	Beam	Flight 2	GMS – Diamond Stafford – Plat & Dia	3 6
	Floor	Flight 2	Dulles – Plat & Dia APEX – Diamond Gym World - Platinum	5 3 1

