

2019 Daytona Beach Bash

September 21 – 22, 2019

Daytona Beach Ocean Center Arena
101 N. Atlantic Blvd.
Daytona Beach, Florida

Saturday September 21, 2019

Session 1 (58)

USAG Level 2 Small Team

Gymnasts from the following gyms:

Boundless, ACE-Daytona, FGTC, Liberty, Premier, RAD,
TBJC, Tumbleweeds
ALL XCEL Gymnasts

10:00 am – 10:20 am General Stretch

10:20 am – 10:30 am Warm up

10:30 am – 12:15 pm Compete

12:15 pm Individual and Team Awards

Session 2 (65)

USAG Level 2 Large Team

Gymnasts from the following gyms:

ACE, New Wave, Sun Country, Tampa Bay Turners, TNT

12:15 pm – 12:35 pm General Stretch

12:35 pm – 12:45 pm Warm up

12:45 pm – 2:30 pm Compete

2:30 pm Individual and Team Awards

Session 3 (49)

USAG Level 3 Large Team

Gymnasts from the following gyms:

ACE-Daytona, Boundless, New Wave, Premier, Starlight,
Sun Country

2:30 pm – 2:50 pm General Stretch

2:50 pm – 3:00 pm Warm up

3:00 pm – 4:45 pm Compete

4:45 pm Individual & Team Awards

Session 4 (62)

USAG Level 3 Small Team

Gymnasts from the following gyms:

ACE, All Around, Champions, FGTC, Florida Elite,,
Liberty, Poinciana, RAD, Tampa Bay Turners, TBJC, TNT,
Tumbleweeds

4:45 pm – 5:05 pm General Stretch

5:05 pm – 5:15 pm Warm up

5:15 pm – 7:30 pm Compete

7:30 pm Individual & Team Awards

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Sunday September 22, 2019

Session 5 (74)

ALL USAG Level 1

8:00 am – 8:20 am General Stretch

8:20 am – 8:30 am Warm up

8:30 am – 10:00 am Compete

10:00 am Individual & Team Awards

Session 6 (72)

USAG Level 4 Large Team

Gymnasts from the following teams:

All Around, Boundless, Liberty, RAD, Startlight,
Sun Country, Tampa Bay Turners, Tumbleweeds

10:00 am – 10:20 am General Stretch

10:20 am – 10:30 am Warm up

10:30 am – 1:00 pm Compete

1:00 pm Individual & Team Awards

Session 7 (71)

USAG Level 4 Small Team

Gymnasts from the following teams:

ACE, ACE- Daytona, Champions, FGTC, Florida Elite,
Islands YMCA, New Wave, Premier, TNT

ALL USAG Level 5

1:00 pm – 1:20 pm General Stretch

1:20 pm – 1:30 pm Warm up

1:30 pm – 4:00 pm Compete

4:00 pm Individual Awards & Team Awards

All sessions are
Modified Capital Cup