

2020 Daytona Beach Open

February 7 - 9, 2020

Friday February 7, 2020

Women's Modified Capitol Cup

Session 1 (72)

Xcel Bronze ALL

8:00 am – 8:20 am Stretch
8:20 am – 8:30 am Warm up
8:30 am – 10:30 am Competition
Individual and Team awards to follow

Session 2 (62)

Xcel Silver from the following Gyms:
AGA, Christi's, First Coast, Palm Coast
10:30 am – 10:50 am Stretch
10:50 pm – 11:00 pm Warm up
11:00 pm – 12:45 pm Competition
Individual and Team awards to follow.

Session 3 (54)

Xcel Silver from the following Gyms:
Apollo, Central Florida, Harbor City, Iflip, IGM, Islands YMCA, Maximum Velocity, TNT, WGV,
Youngstown
12:45 pm – 1:05 pm Stretch
1:05 pm – 1:15 pm Warm up
1:15 pm – 3:00 pm Competition
Individual and Team awards to follow.

Session 4 (52)

Xcel Gold from the following Gyms:
AGA, Apollo, Harbor City, Maximum Velocity, Tampa Gymnastics
3:00 pm – 3:20 pm Stretch
3:20 pm – 3:30 pm Warm up
3:30 pm – 5:30 pm Competition
Individual and Team awards to follow

Session 5 (49)

Xcel Gold from the following Gyms:
Central Florida, Christi's, Cutting Edge, First Coast, Iflip, Islands YMCA, Jackson's, Palm Coast,
Starlight, TNT Jacksonville, WGV, Youngstown
5:30 pm – 5:50 pm Stretch
5:50 pm – 6:00 pm Warm up
6:00 pm – 8:00 pm Competition
Individual and Team awards to follow

Teams are placed into sessions based on team size for team competition

2020 Daytona Beach Open

February 7-9, 2020

Saturday February 8, 2020

Women's Modified Capitol Cup

Session 6 (60)

All level 1,2,,3,4,5 Gymnasts

8:00 am – 8:20 am Stretch

8:20 am – 8:30 am Warm up

8:30 am – 10:30 am Competition

Individual and Team awards to follow.

Session 7 (64)

ALL Xcel Platinum and Diamond

10:30 am – 10:50 am Stretch

10:50 am – 11:00 am Warm up

11:00 am – 2:00 pm Competition

Individual and Team awards to follow.

Session 8 (47)

ALL Level 8 Gymnasts

2:00 pm – 2:20 pm Stretch

2:20 pm – 2:30 pm Warm up

2:30 pm – 5:00 pm Competition

Individual and Team awards to follow.

Session 9 (58)

ALL Level 9 and 10 Gymnasts

5:00 pm – 5:20 pm Stretch

5:20 pm – 5:30 pm Warm up

5:30 pm – 9:00 pm Competition

Individual and Team awards to follow.

**2020 Daytona Beach Open
February 7-9, 2020**

Sunday February 9, 2020

Women's Modified Traditional

Session 10 (54)

Level 6 Gymnasts from the following gyms:
Cabarrus, ChoZen, First Coast, Tampa Gymnastics, Tumbleweeds
8:00 am – 8:20 am Stretch
8:20 am – 8:30 am Warm up
8:30 am – 10:45 am Competition
Individual and Team awards to follow.

Session 11 (45)

Level 6 Gymnasts from the following gyms:
ACE, Apollo, Central Florida, Cutting Edge, Elite World, Golden Isles, Iflip, IGM, Islands YMCA,
Jackson's, Palm Coast, Premier, Rad, Starlight, Youngstown
10:45 am – 11:05 am Stretch
11:05 am – 11:15 am Warm up
11:15 am – 1:30 pm Competition
Individual and Team awards to follow.

Session 12 (57)

ALL Level 7 Gymnasts
1:30 pm – 1:50 pm Stretch
1:50 pm – 2:00 pm Warm up
2:00 pm – 4:30 pm Competition
Individual and Team awards to follow.