

2023 Daytona Beach Open

**The Ocean Center
101 N. Atlantic Ave.
Daytona Beach, FL 32118**

January 27 - 29, 2023

Friday January 27, 2023

Women's Modified Traditional Format

Session A1

Level 1 and 2 All Gymnasts

12:00 pm – 12:15 pm Stretch
12:15 pm – 12:25 pm Warm up
12:25 pm – 2:00 pm Competition
Individual and Team awards to follow.

Session A2

Xcel Bronze Gymnasts from the following gyms:
ACE, Fantastic, Florida Elite, Gymnastics DuSol, Palm Coast

2:00 pm – 2:15 pm Stretch
2:15 pm – 2:25 pm Warm up
2:25 pm – 4:00 pm Competition
Individual and Team awards to follow.

Session A3

Xcel Bronze Gymnasts from the following gyms:
Apollo Beach, Beaches, First Coast, Starlight, TGR
Born Between: 11/11/2014 – 10/22/2016

4:00 pm – 4:15 pm Stretch
4:15 pm – 4:25 pm Warm up
4:25 pm – 6:00 pm Competition
Individual awards to follow.

Session A4

Xcel Bronze Gymnasts from the following gyms:
Apollo Beach, Beaches, First Coast, Starlight, TGR
Born Between: 9/8/2010 - 11/7/2014

6:00 pm – 6:15 pm Stretch
6:15 pm – 6:25 pm Warm up
6:25 pm – 8:00 pm Competition
Individual and Team awards to follow.

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Saturday January 28, 2023

Women's Modified Traditional Format

Session A5

All Level 3 Gymnasts
and
Xcel Silver Gymnasts from the following gyms:
ACE, Champions, Gymnastics Du Sol

8:00 am – 8:15 am Stretch
8:25 am – 10:00 am Competition
Individual and Team awards to follow.

Session A6

Xcel Silver Gymnasts from the following gyms:
Beaches, Florida Elite, TGR, Top Contenders

10:00 am – 10:15 am Stretch
10:25 am – 12:00 pm Competition
Individual and Team awards to follow.

Session A7

Xcel Silver Gymnasts from:
Apollo Beach, Fantastic, First Coast, Harbor City, Palm Coast, Starlight, TNT

12:00 pm – 12:15 pm Stretch
12:25 pm – 2:00 pm Competition
Individual and Team awards to follow.

Session A8

Xcel Silver Gymnasts from:
Apollo Beach, Fantastic, First Coast, Harbor City, Palm Coast, Starlight, TNT Jacksonville
Born Between: 7/18/2012 - 9/18/2013

2:00 pm – 2:15 pm Stretch
2:25 pm – 4:00 pm Competition
Individual awards to follow.

Session A9

Xcel Silver Gymnasts from:
Apollo Beach, Fantastic, First Coast, Harbor City, Palm Coast, Starlight, TNT Jacksonville
Born Between: 5/30/2006 - 7/16/2012

4:00 pm – 4:15 pm Stretch
4:15 pm – 4:25 pm Warm up
4:25 pm – 6:00 pm Competition
Individual and Team awards to follow.

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Sunday January 29, 2023

Women's Modified Traditional Format

Session A10

Xcel Gold Gymnasts from:

ACE, Apollo Beach, Beaches, Cartersville Twister, Champions, Fantastic, Genie's, Maximum Velocity

8:00 am – 8:15 am Stretch
8:15 am – 8:25 am Warm up
8:25 am 10:30 am Competition
Individual and Team awards to follow.

Session A11

Xcel Gold Gymnasts from:

Bermuda, Flight Gym Academy, Gymnastics Du Sol, Harbor City, Palm Coast, TGR, TNT

10:30 am – 10:50 am Stretch
10:50 am – 11:00 am Warm up
11:00 am – 1:00 pm Competition
Individual and Team awards to follow.

Session A12

Xcel Gold Gymnasts from:

First Coast, Florida Elite, Gymnastics Unlimited, Starlight, Top Contenders

Born Between: 8/18/2011 - 8/8/2015

1:00 pm – 1:15 pm Stretch
1:15 pm – 1:25 pm Warm up
1:25 pm 3:30 pm Competition
Individual awards to follow.

Session A13

Xcel Gold Gymnasts from:

First Coast, Florida Elite, Gymnastics Unlimited, Starlight, Top Contenders

Born Between: 9/27/2007 - 8/17/2011

3:30 pm – 3:45 pm Stretch
3:45 pm – 3:55 pm Warm up
3:55 pm – 6:00 pm Competition
Individual and Team awards to follow.

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Women's Modified Capitol Cup

Session B1

All Level 6 Gymnasts
12:00 pm – 12:20 pm Stretch
12:20 pm – 12:30 pm Warm up
12:30 pm – 2:30 pm Competition
Individual and Team awards to follow.

Session B2

All Level 4 and 5 Gymnasts
Level 7 Gymnasts from:
Balcony, Flight Gym Academy, Genies, Harbor City, Islands YMCA, Maximum Velocity,
N.Florida- Orange Park, Shooting Starz, Starlight, Sun Country, TGR

2:30 pm – 2:50 pm Stretch
2:50 pm – 3:00 pm Warm up
3:00 pm – 5:30 pm Competition
Individual and Team awards to follow.

Session B 3

Level 7 Gymnasts from:
ACE, Arena, Bermuda, Cartersville, Coman, First Coast, Florida Elite, Higo Elite, MJEG, Rad, Top
Contenders, World Class

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.

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Women's Modified Capitol Cup

Session B4

Level 8 Gymnasts from:

ACE, Arena, Beaches, Cartersville, Champions, Coman, Florida Elite, Genie's, Gym Tek,
Gymnastics Unlimited, HarborCity, IGC, Islands YMCA, MJEG, N. Florida-Orange Park,
Palm Coast, Rad

8:00 am – 8:20 am Stretch

8:20 am – 8:30 am Warm up

8:30 am – 11:30 am Competition

Individual and Team awards to follow

Session B5

All Level 9 Gymnasts

11:30 am – 11:50 am Stretch

11:50 am – 12:00 pm Warm up

12:00 pm – 3:00 pm Competition

Individual and Team awards to follow.

Session B6

ALL Level 10 Gymnasts

And

Level 8 Gymnasts from:

Balcony, Elevate, Higo Elite, Shooting Starz, Starlight, Sun Country, TGR, Top Contenders

3:30 pm – 3:50 pm Stretch

3:50 pm – 4:00 pm Warm up

4:00 pm – 7:00 pm Competition

Individual and Team awards to follow.

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Women's Modified Capitol Cup

Session B7

Xcel Platinum Gymnasts from:

Apollo Beach Gym Academy, Beaches, Bermuda, Fantastic, First Coast, Florida Elite, Gold Coast, Gymnastics Unlimited, IGC, TGR, TNT Jacksonville, World Class

8:00 am – 8:20 am Stretch

8:20 am – 8:30 am Warm up

8:30 am – 11:00 am Competition

Individual and Team awards to follow.

Session B8

All Xcel Diamond Gymnasts

And

Xcel Platinum Gymnasts from:

ACE, Balcony, Cartersville Twister, Champions, Flight Gym Academy, Genie's, Islands YMCA, Maximum Velocity, N. Florida Orange Park, Palm Coast

11:00 am – 11:20 am Stretch

11:20 am – 11:30 am Warm up

11:30 am – 2:00 pm Competition

Individual and Team awards to follow.