

2024 Daytona Beach Open

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

January 26 - 28, 2024

Friday January 26, 2024

Women's Modified Capital Cup Format

Session A1

Xcel Bronze Gymnasts from the following gyms:
Brown's Orbit, First Coast, Golden Isles, Gym Force, Gymnastics USA, Lakewood Ranch, Rad, Seaside
8:00 am – 8:15 am Stretch
8:25 am – 10:30 am Competition
Individual and Team awards to follow.

Session A2

Xcel Bronze Gymnasts from the following gyms:
ACE, EVO, Elite, Florida Elite, Golden City, Leyva, Starlight, TGR, UGA-PSL
10:30 am – 10:45 am Stretch
10:45 am – 1:00 pm Competition
Individual and Team awards to follow.

Session A3

Xcel Silver Gymnasts from the following gyms:
Elite, First Coast, Lakewood Ranch, Rad, Seaside, Starlight, WGV
Born Between: 4/28/2014 – 1/1/2023
1:00 pm – 1:15 pm Stretch
1:25 pm – 3:30 pm Competition
Individual awards to follow. (Team after session A4)

Session A4

Xcel Silver Gymnasts from the following gyms:
Elite, First Coast, Lakewood Ranch, Rad, Seaside, Starlight, WGV
Born Between: 1/1/2009 - 4 /27/2014
3:30 pm – 3:45 pm Stretch
3:45 pm – 6:00 pm Competition
Individual and Team awards to follow. (A3 and A4 combined)

Session A5

Xcel Silver Gymnasts from the following gyms:
Champions, Florida Elite, Gym Force, GymWorld Twinsburg, Gymnastics USA, HarborCity,
Somersault Jungle, TGR
6:00 pm – 6:15 pm Stretch
6:25 pm – 8:00 pm Competition
Individual and Team awards to follow.

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Saturday January 27, 2024

Women's Modified Capital Cup Format

Session A6

Xcel Silver Gymnasts from the following gyms:
ACE, Browns Orbit, EVO, Extreme, Golden City, Golden Isles, Islands YMCA, Leyva, USA-PSL, Ultimate

8:00 am – 8:15 am Stretch

8:25 am – 10:30 am Competition

Individual and Team awards to follow.

Session A7

All Level 1,2,3 Gymnasts

10:30 am – 10:45 am Stretch

10:45 am – 12:30 pm Competition

Individual and Team awards to follow.

Session A8

All Level 4 and 5 Gymnasts

12:30 pm – 12:45 pm Stretch

12:45 pm – 2:30 pm Competition

Individual and Team awards to follow.

Session A9

Xcel Gold Gymnasts from:

ACE, Champions, Extreme, Gym Force, HarborCity, Islands YMCA, Leyva, Rad, Seaside, TGR,
TNT Jacksonville

2:30 pm – 2:45 pm Stretch

2:45 pm – 5:30 pm Competition

Individual and Team awards to follow.

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Sunday January 28, 2024

Women's Modified Capital Cup Format

Session A10

Xcel Gold Gymnasts from:
AOG, Elite, First Coast, Florida Elite
8:00 am – 8:15 am Stretch
8:25 am 11:00 am Competition
Individual and Team awards to follow.

Session A11

Xcel Gold Gymnasts from:
Brown's Orbit, EVO, Flight Gym Academy, Genies, Golden City, Gym World Twinsburg, Gymnastics
USA, Lakewood Ranch, Somersault Jungle, Starlight, UGA-PSL, Ultimate, WGV

11:00 am – 11:15 am Stretch
11:25 am – 2:00 pm Competition
Individual and Team awards to follow.

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Women's Modified Capitol Cup

Session B1

Level 7 Gymnasts from the following gyms:
ACE Gymnastics, Elite, Excaliber, Florida Elite, Gold Coast, GymWorld Twinsburg,
Lakeshore Academy, Sports Academy, Starlight, TNT
8:00 am – 8:15 am Stretch
8:25 am – 10:30 am Competition
Individual and Team awards to follow.

Session B2

Level 7 Gymnasts from the following gyms:
Balcony, Brussels, Elite Extreme, **EPIC**, First Coast, Flight Gym Academy, Genies, Gym Force, Harbor
City, Lakewood Ranch, New England Gym Express, North Crest, Riptide, Seaside, TGR, UGA-PSL,
United Dothan, WGV
10:30 am – 10:45 am Stretch
11:00 am – 1:00 pm Competition
Individual and Team awards to follow.

Session B3

Level 8 Gymnasts from:
AOG, Brussels, Excaliber, First Coast, Florida Elite, Genies, Gold Coast, Gym Force, Harbor City,
Islands YMCA, Leyva, New England Gym Express, North Crest, Show Me, Starlight, TGR, TNT,
Ultimate, United Dothan
1:00 pm – 1:15 pm Stretch
1:30 pm – 4:30 pm Competition
Individual and Team awards to follow.

Session B4

Level 8 Gymnasts from:
ACE, Balcony, Champions, EPIC, Elite, Flight Gym Academy, Gym World Twinsburg, GymTek
Academy, Lakeshore Academy, Lakewood Ranch, Seaside, UGA-PSL, WGV
4:30 pm – 4:45 pm Stretch
5:00 pm – 7:30 pm Competition
Individual and Team awards to follow.

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Session B5

Level 6 Gymnasts from:

Brussels, EPIC, Elite, Excaliber, Flight Gym Academy, Gold Coast, HarborCity, Lakeshore Academy,
Riptide, Seaside, Starlight, TGR, UGA-PSL, Ultimate, WGV

8:00 am – 8:20 am Stretch

8:30 am – 11:00 am Competition

Individual and Team awards to follow

Session B6

Level 6 gymnasts from:

ACE, First Coast, Florida Elite, Genies, Lakewood Ranch, Leyva, TNT

11:00 am – 11:15 am Stretch

11:15 am – 2:00 pm Competition

Individual and Team awards to follow.

Session B7

ALL Level 9 Gymnasts

2:00 pm – 2:20 pm Stretch

2:30 pm – 5:30 pm Competition

Individual and Team awards to follow.

Session B8

ALL Level 10 Gymnasts

5:30 pm – 5:50 pm Stretch

6:00 pm – 8:15 pm Competition

Individual and Team awards to follow.

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Session B9

Xcel Platinum Gymnasts from:
Champions, EVO, First Coast, Golden City, Maximum Velocity, Somersault Jungle, Starlight,
Twinsburg, UGA-PSL, WGV

8:00 am – 8:15 am Stretch
8:30 am – 11:00 am Competition
Individual and Team awards to follow.

Session B10

Xcel Platinum Gymnasts from:
AOG, Balcony, Elite, Extreme, Florida Elite, Gold Coast, Gymnastics USA, Rad

11:00 am – 11:15 am Stretch
11:30 am – 2:00 pm Competition
Individual and Team awards to follow.

Session B11

All Xcel Diamond and Sapphire Gymnasts
And

Xcel Platinum Gymnasts from:
ACE, Brussels, Flight Gym Academy, Gym Force, Gym World, Harbor City,
Islands YMCA, Seaside, TGR

2:00 pm – 2:15 pm Stretch
2:30 am – 5:00 pm Competition
Individual and Team awards to follow.