

2025 Daytona Beach Open

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

February 7 - 9, 2025

Friday February 7, 2025

Women's Modified Capital Cup Format

Session A1

Xcel Bronze Gymnasts from the following gyms:
Nova, Orlando Metro, Rad, Starlight,
8:00 am – 8:15 am Stretch
8:25 am – 10:15 am Competition
Individual and Team awards to follow.

Session A2

All Level 1 & 2 Gymnasts
Xcel Bronze Gymnasts from the following gyms:
Coastal Dreams, Flight, Gym Force, Gymnastics USA, Palm Coast, Temple Terrace,
Top Contenders, Volusia Academy
10:15 am – 10:30 am Stretch
10:30 am – 12:30 pm Competition
Individual and Team awards to follow.

Session A3

All Level 3 Gymnasts
Xcel Silver Gymnasts from the following gyms:
Buffalo, Coastal Dreams, Flight, Gym Force, Gymnastics USA, Palm Coast,
Sarasota Gym Academy, Temple Terrace, Top Contenders, Volusia Academy
12:30 pm – 12:45 pm Stretch
12:45 pm – 3:00 pm Competition
Individual and Team awards to follow.

Session A4

Xcel Silver Gymnasts from the following gyms:
Fantastic, Orlando Metro, Rad, Starlight
3:00 pm – 3:15 pm Stretch
3:15 pm – 5:30 pm Competition
Individual and Team awards to follow.

Session A5

Xcel Gold Gymnasts from the following gyms:
AOG, Fantastic, Flight, Gymnastics Unlimited, Orlando Metro, Rad, Sarasota Gym Academy, Starlight,
TNT, Top Contenders
5:30 pm – 5:45 pm Stretch
5:45 pm – 8:00 pm Competition
Individual and Team awards to follow.

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Saturday February 8, 2025

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Session A6

Xcel Gold Gymnasts from the following gyms:
Bearfoot, Coastal Dreams, First Coast, Gym Force, Gyminators, LaFleur's Largo, Nova
8:00 am – 8:15 am Stretch
8:25 am – 10:45 am Competition
Individual and Team awards to follow.

Session A7

Xcel Gold Gymnasts from the following gyms:
Balance 180, Balcony, **Clermont**, Gymnastics USA, IGC, Leaps and Bounds, NTS, Palm Coast, Volusia
10:45 am – 11:00 am Stretch
11:00 am – 1:30 pm Competition
Individual and Team awards to follow.

Session A8

Xcel Platinum from the following gyms:
AOG, **LaFleur's Largo**, Orlando Metro, Palm Coast, Rad, Seaside, Starlight, UGA-Oviedo, World Class
1:30 pm – 1:45 pm Stretch
1:45 pm – 4:15 pm Competition
Individual and Team awards to follow.

Session A9

All Xcel Diamond and Sapphire
Xcel Platinum Gymnasts from:
ACE, Buffalo, Fanbtastic, Flight, IGC, NTS, Top Contenders, Volusia Academy, Williamsburg
4:15 pm – 4:30 pm Stretch
4:30 pm – 7:00 pm Competition
Individual and Team awards to follow.

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**The Ocean Center
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Sunday February 9, 2025

Women's Modified Capital Cup Format

Session A10

Xcel Gold Gymnasts from:

ACE, Aiken, Beaches, Grit & Grace, Harbor City, Seaside, UGA-OVIEDO, World Class

8:00 am – 8:15 am Stretch

8:25 am 10:45 am Competition

Individual and Team awards to follow.

Session A11

Xcel Silver Gymnasts from:

Balance 180, Beaches, Clermont, Gyminators, Harbor City, Leaps & Bounds, World Class

10:45 am – 11:00 am Stretch

11:00 am – 1:15 pm Competition

Individual and Team awards to follow.

Session A12

Xcel Silver Gymnasts from:

ACE, First Coast, Grit & Grace, Nova, Seaside, UGA-OVIEDO

1:15 pm – 1:30 pm Stretch

1:30 pm – 3:30 pm Competition

Individual and Team awards to follow.

Session A13

Xcel Bronze Gymnasts from:

ACE, Beaches, First Coast, Grit & Grace, Seaside, UGA-OVIEDO, World Class

3:30 pm – 3:45 pm Stretch

3:45 pm – 5:30 pm Competition

Individual and Team awards to follow.

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Women's Modified Capitol Cup

Session B1

Level 6 Gymnasts from the following gyms:
Bearfoot, Gyminators, Gymnastics Unlimited, Harbor City, Infinity, Nova, Palm Coast, Rad,
Top Contenders, UGA-OVIEDO

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

Session B2

Level 7 Gymnasts from the following gyms:
Bearfoot, Buffalo, Coastal Dreams, Fantastic, Gymnastics Unlimited, Harbor City, Infinity, Orlando
Metro, Palm Coast, R-Athletics, Ridgewood, TNT, Top Contenders, Williamsburg

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

Session B3

Level 6 Gymnasts from:
Buffalo, Dynamics, Islands YMCA, Orlando Metro, R-Athletics, TNT, Williamsburg

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

Session B4

All Level 4 and 5 Gymnasts

5:00 pm – 5:15 pm Stretch
5:15 pm – 7:00 pm Competition
Individual and Team awards to follow.

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Session B5

Level 8 Gymnasts from:

ACE, AOG, Buffalo, Harbor City, Infinity, LaFleur's Largo, NTS, Orlando Metro, Palm Coast, R-Athletics, Starlight, TNT, UGA-OVIEDO

8:00 am – 8:20 am Stretch

8:20 am – 11:30 am Competition

Individual and Team awards to follow

Session B6

Level 9 Gymnasts

11:30 am – 11:50 am Stretch

11:50 am – 3:30 pm Competition

Individual and Team awards to follow.

Session B7

ALL Level 10 Gymnasts

Level 8 Gymnasts from:

Beaches, Coastal Dreams, Gym Force, Islands YMCA, Nova, Sarasota Gym Academy, Seaside, Top Contenders, Williamsburg

3:30 pm – 3:50 pm Stretch

3:50 pm – 7:30 pm Competition

Individual and Team awards to follow.

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Sunday February 9, 2025

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Session B8

Level 6 Gymnasts from:

ACE, Balance 180, Coastal Dreams, First Coast, LaFleur's Largo, Leaps & Bounds, NTS, Riptide,
Sarasota Gym Academy, Starlight

8:00 am – 8:20 am Stretch

8:20 am – 11:00 am Competition

Individual and Team awards to follow.

Session B9

Level 7 Gymnasts from:

ACE, Aiken, Balance 180, Beaches, First Coast, Grit & Grace, Gym Force, Invasion, LaFleur's Largo,
NTS, Sarasota Gym Academy, Seaside, Starlight, UGA-OVIEDO,

11:00 am – 11:20 am Stretch

11:20 am – 2:00 pm Competition

Individual and Team awards to follow.

Session B10

Xcel Platinum Gymnasts from:

Aiken, Balance 180, Balcony, Clermont, First Coast, Gym Force, Gyminators, Gymnastics USA,
Invasion, Islands YMCA

2:00 pm – 2:20 pm Stretch

2:20 pm – 5:00 pm Competition

Individual and Team awards to follow.