

# **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:  
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**

## **Women's Modified Capital Cup Format**

### **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:  
AOG, Balance 180, Balcony, Gymnastics USA, 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, 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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**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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## **Women's Modified Capitol Cup**

### **Session B5**

Level 8 Gymnasts from:

ACE, 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:

AOG, 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**

## **Women's Modified Capitol Cup**

### **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, LaFleur's Largo

2:00 pm – 2:20 pm Stretch

2:20 pm – 5:00 pm Competition

Individual and Team awards to follow.