



November 22 - November 24, 2024

**Chateau On the Lake Resort Spa and Convention Center**

415 North State Highway 265

Branson Missouri 65616 US

## **Friday, Nov 22, 2024**

### **Session 1 (Women)**

**Level 5 & 6**

**53 gymnasts**

*Clubs: Arising Stars Gymnastic Center, Champions Gymnastics Center Inc., Elite Academy, Helix Athletics, Legends Drive Gymnastics, MGP Gymnastics, McAlester Elite Gymnastics Academy, Olympia Mid Rivers, Ozark Mountain Gymnastics, South County Gymnastics*

*Open Stretch Begins: 2:00pm*

*March In: 2:20pm*

### **Session 2 (Women)**

**Platinum**

**51 gymnasts**

*Clubs: Branson Ultimate Gymnastics, Champions Gymnastics Center Inc., Heartland Gymnastics, Heartland Gymnastics Jonesboro, Helix Athletics, Jonesboro Gymnastics Academy, Legends Drive Gymnastics, MEGA Gymnastics, MGP Gymnastics, Olympia Manchester, Olympia Ellisville, Olympia Mid Rivers, Team Central*

*Open Stretch Begins: 4:45pm*

*March In: 5:05pm*

### **Session 3 (Women)**

**Leve 7,8, 9, Diamond & Sapphire**

**48 gymnasts**

*Clubs: AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Champions Gymnastics Center Inc., Heartland Gymnastics, Helix Athletics, Legends Drive Gymnastics, MGP Gymnastics, McAlester Elite Gymnastics Academy, Olympia Manchester, Olympia Ellisville, Olympia Mid Rivers, Ozark Mountain Gymnastics, South County Gymnastics, Team Central*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 7:15pm*

*March In: 7:35pm*

# Saturday, Nov 23, 2024

## Session 4 (Women)

Level 3

**56 gymnasts**

*Clubs: 316 Gymnastics Academy, Champions Gymnastics Center Inc., Helix Athletics, Jonesboro Gymnastics Academy, Legends Drive Gymnastics, Olympia Mid Rivers, The Flip Shop, Triumph Gymnastics Academy*

*Open Stretch Begins: 8:00am*

*March In: 8:20am*

## Session 5 (Women)

Level 4 & Gold Child A B C

**67 gymnasts**

*Clubs: 316 Gymnastics Academy, AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, Champions Gymnastics Center Inc., Heartland Gymnastics, Heartland Gymnastics Jonesboro, Jonesboro Gymnastics Academy, Legends Drive Gymnastics, MEGA Gymnastics, MGP Gymnastics, Olympia Ellisville, Olympia Mid Rivers, Ozark Mountain Gymnastics, South County Gymnastics, Springfield Gymnastics and Aquatics Center, The Flip Shop, Twisters Gymnastics Academy*

*Open Stretch Begins: 10:45am*

*March In: 11:05am*

## Session 6 (Women)

Gold Child D E Youth A B C D

**63 gymnasts**

*Clubs: 316 Gymnastics Academy, AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, Heartland Gymnastics, Heartland Gymnastics Jonesboro, Helix Athletics, Jonesboro Gymnastics Academy, Legends Drive Gymnastics, MEGA Gymnastics, MGP Gymnastics, Olympia Manchester, Olympia Ellisville, Olympia Mid Rivers, Ozark Mountain Gymnastics, Springfield Gymnastics and Aquatics Center, Team Central, Tumbles Athletic Center*

*Open Stretch Begins: 1:30pm*

*March In: 1:50pm*

## Session 7

Gold Youth E Senior A B C D E F

**75 gymnasts**

*Clubs: 316 Gymnastics Academy, AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, Heartland Gymnastics, Helix Athletics, Jonesboro Gymnastics Academy, Legends Drive Gymnastics, MEGA Gymnastics, MGP Gymnastics, Olympia Manchester, Olympia Ellisville, Olympia Festus, Olympia Mid Rivers, Ozark Mountain Gymnastics, Team Central, Tumbles Athletic Center, Twisters Gymnastics Academy*

*Open Stretch Begins: 4:15pm*

*March In: 4:35pm*

# Saturday, Nov 23, 2024

AAU (Women)

Session 8

All Levels

## **46 gymnasts**

*Format: Modified Capitol Cup*

*Open Stretch Begins: 7:15p*

*March In: 7:35p*

# **Sunday, Nov 24, 2024**

## **Session 9 (Women)**

**Bronze**

## **78 gymnasts**

*Clubs: Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, MEGA Gymnastics, Olympia Manchester, Olympia Mid Rivers, Ozark Mountain Gymnastics, Springfield Gymnastics and Aquatics Center, TNT Gymnastics Academy, Team Central, Tumbles Athletic Center, Twisters Gymnastics Academy*

*Open Stretch Begins: 8:00am*

*March In: 8:20am*

## **Session 10 (Women)**

**HUGS**

**Silver Child A B C D E**

## **53 gymnasts**

*Clubs: 316 Gymnastics Academy, AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, Dynamics Gymnastics, Helix Athletics, Jonesboro Gymnastics Academy, MEGA Gymnastics, MGP Gymnastics, Olympia Manchester, Olympia Ellisville, Olympia Rock Hill, Ozark Mountain Gymnastics, Springfield Gymnastics and Aquatics Center, TNT Gymnastics Academy, Team Central, Tumbles Athletic Center*

*Open Stretch Begins: 10:45am*

*March In: 11:05am*

## **Session 11 (Women)**

**Level 1**

**Silver Youth A B C D E**

## **54 gymnasts**

*Clubs: 316 Gymnastics Academy, AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, Dynamics Gymnastics, Heartland Gymnastics, Helix Athletics, MEGA Gymnastics, MGP Gymnastics, Olympia Manchester, Olympia Mid Rivers, Olympia Rock Hill, Ozark Mountain Gymnastics, Springfield Gymnastics and Aquatics Center, TNT Gymnastics Academy, Team Central, Triumph Gymnastics Academy, Tumbles Athletic Center*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 1:30pm*

*March In: 1:50pm*

## **Session 12 (Women)**

**Level 2**

**Silver Senior A B C D E**

## **60 gymnasts**

*Clubs: 316 Gymnastics Academy, AGA American Gymnastics Academy, Arising Stars Gymnastic Center, Branson Ultimate Gymnastics, MEGA Gymnastics, MGP Gymnastics, Olympia Mid Rivers,*

*Olympia Rock Hill, Springfield Gymnastics and Aquatics Center, TNT Gymnastics Academy, Team Central, Triumph Gymnastics Academy, Tumbles Athletic Center*

*Format: Modified Capitol Cup*

*Open Stretch Begins: 4:15pm*

*March In: 4:35pm*