

2021 Aloha Invitational & NAWGJ Judges Cup Competition Schedule

at the

Wiregrass Ranch Sports Campus, 3021 Sports Coast Way, Wesley Chapel, FL 33543



Friday, September 17, 2021

Modified Traditional Format

Session One

USA Gymnastics Level 3 Gymnasts from the following teams:

Angels, Premier, Stars, Tampa Gymnastics

5:30-5:45pm General Stretch
5:45-5:55pm March In
5:55-6:10pm Timed Warm Ups
6:10-8:15pm Competition

Individual Awards and Team Awards to follow

Saturday, September 18, 2021

Modified Capital Cup Format

Session Two

All USA Gymnastics Level 1 Gymnasts

Teams in 2 squads – Gymnastics USA, Lakewood Ranch

Teams in 3 squads – Orlando Metro

8:00-8:15am General Stretch
8:15-8:25am March In
8:25-8:35am Timed Warm Ups
8:35-10:15am Competition

Individual Awards and Level 1 Team Awards to follow

Session Three

USA Gymnastics Level 2 Gymnasts from the following teams:

Ace, Ace Daytona, Gymnastic World, Invasion, New Wave, North Port, United Flip Force, Victory

10:15-10:30am General Stretch
10:30-10:40am March In
10:40-10:50am Timed Warm Ups
10:50am-12:45pm Competition

Individual Awards and Level 2 Division 3 Team Awards to follow

Session Four

USA Gymnastics Level 2 Gymnasts from the following teams:

Angels (8), Gymnastics USA (11), LaFleur's Largo (5), Lakewood Ranch (8), Orlando Metro (9), Premier (8), Stars (14*)*
**Teams in 2 squads*

12:45-1:00pm General Stretch
1:00-1:10pm March In
1:10-1:20pm Timed Warm Ups
1:20-3:15pm Competition

Individual Awards and Level 2 Division 2 Team Awards to follow

Session Five

USA Gymnastics Level 2 Gymnasts from the following teams:

Angels (8), LaFleur's Largo (16), Lakewood Ranch (17*), Orlando Metro (18*), Premier (9)*
**Teams in 2 squads*

3:15-3:30pm General Stretch
3:30-3:40pm March In
3:40-3:50pm Timed Warm Ups
3:50-5:45pm Competition

Individual Awards and Level 2 Division 1 Team Awards to follow

Session Six

USA Level 3 Gymnasts from the following teams:
Ace Daytona, Balcony, Gymnastics USA, Harbor City, Invasion, Lakewood Ranch*, Trousdell, Victory, WGV*
**Teams in 2 squads*

5:45-6:00pm General Stretch
6:00-6:10pm March In
6:10-6:25pm Timed Warm Ups
6:25-8:40pm Competition

Individual Awards and Level 3 Division 2 Team Awards to follow

Door Fees – Adults \$15 Children (5-17yrs) \$10 Children 4 and under Free

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at the

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Sunday, September 19, 2021

Modified Capital Cup Format

Session Seven

USA Level 3 Gymnasts from the following teams:

*Ace, Bay Area, Gymnastic World, LaFleur's Largo**,
New Wave, North Port, Orlando Metro**,
United Flip Force
**Teams in 3 squads*

8:00-8:15am General Stretch
8:15-8:25am March In
8:25-8:40am Timed Warm Ups
8:40-11:00am Competition

*Individual Awards and
Level 3 Division 3 Team Awards to follow*

Session Eight

All USA Level 5 Gymnasts

USA Level 4 Gymnasts from the following teams:

*Bay Area, Gymnastic World, Invasion, New Wave,
North Port, Trousdell, Tampa Gymnastics,
United Flip Force, WGV*

*Note-Teams with Level 4 and Level 5 gymnasts will be in
the same squad*

11:00-11:15am General Stretch
11:15-11:25am March In
11:25-11:40am Timed Warm Ups
11:40am-2:00pm Competition

*Individual Awards and
Level 4 and Level 5 Team Awards to follow*

Session Nine

USA Level 4 Gymnasts from the following teams:

*Ace, Ace Daytona, Gymnastics USA, Harbor City,
Lakewood Ranch, Orlando Metro*, Starlight*
Teams in 2 squads

2:00-2:15pm General Stretch
2:15-2:25pm March In
2:25-2:40pm Timed Warm Ups
2:40-5:15pm Competition

*Individual Awards and
Level 4 Team Awards to follow*

Session Ten

USA Level 4 Gymnasts from the following teams:

Angels, Balcony, Future Flipz, LaFleur's Largo, Premier,
Stars, Victory
Teams in 2 squads

5:15-5:30pm General Stretch
5:30-5:40pm March In
5:40-5:55pm Timed Warm Ups
5:55-8:15pm Competition

*Individual Awards and
Level 4 Team Awards to follow*



Door Fees – Adults \$15 Children (5-17yrs) \$10 Children 4 and under Free