



2022 Aloha Invitational & NAWGJ Judges Cup Competition Schedule

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

Saturday, September 17, 2022
Modified Capital Cup Format

Session One

USA Gymnastics Level 2 Gymnasts

from the following teams:

*ACE Daytona, American Twisters, Gymnastic World,
New Wave, North Port, Nova – Davie, Premier,
Sarasota, WGV*

9:00-9:15am General Stretch
9:15-9:25am March In
9:25-9:35am Timed Warm Ups
9:35-11:45am Competition

*Individual Awards and
Level 2 Small Team Awards to follow*

Session Two

USA Gymnastics Level 2 Gymnasts

from the following teams:

Angels, LaFleur's Largo, Orlando Metro*,
Stars*, Victory Elite
Teams in 2 squads

11:45am-12:00pm General Stretch
12:00-12:10pm March In
12:10-12:20pm Timed Warm Ups
12:20-2:30pm Competition

*Individual Awards and
USA Level 2 Large Team Awards to follow*

Session Three

USA Gymnastics Level 3 Gymnasts

from the following teams:

*Ace Daytona, American Twisters, Balcony,
Future Flipz, Gymnastic World, Harbor City,
New Wave, Nova-Davie, Sarasota, Stars, Victory Elite,
WGV*

2:30-2:45pm General Stretch
2:45-2:55pm March In
2:55-3:10pm Timed Warm Ups
3:10-5:30pm Competition

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

Session Four

USA Gymnastics Level 3 Gymnasts

from the following teams:

Angels, LaFleur's Largo, North Port,
Orlando Metro**, Premier
*Teams in 2 squads **Teams in 3 squads*

5:30-5:45pm General Stretch
5:45-5:55pm March In
5:55-6:05pm Timed Warm Ups
6:05-8:15pm Competition

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



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



2022 Aloha Invitational & NAWGJ Judges Cup Competition Schedule

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

Sunday, September 18, 2022

Modified Capital Cup Format

Session Five

All USA Level 1 Gymnasts

*American Twisters, Orlando Metro, Premier, Sarasota,
Tumblebees Coral Gables, Victory Elite*

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 Small and Large Team Awards to follow*

Session Six

USA Level 4 Gymnasts

from the following teams:

*New Wave, North Port, Nova Athletic, Stars, Victory
Elite*

All USA Level 5 Gymnasts

*ACE Daytona, American Twisters, Balcony, Future
Flipz, Gymnastic World, Harbor City, LaFleur's
Largo,
North Port, Nova Athletics, Orlando Metro, WGV*

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

10:15-10:30am General Stretch
10:30-10:40am March In
10:40-10:50am Timed Warm Ups
10:50am-1:00pm Competition

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

Session Seven

USA Level 4 Gymnasts

from the following teams:

*ACE Daytona, Balcony, Future Flipz, Gymnastic
World, Harbor City, Premier, WGV*

1:00-1:15pm General Stretch
1:15-1:25pm March In
1:25-1:35pm Timed Warm Ups
1:35-3:45pm Competition

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

Session Eight

USA Level 4 Gymnasts

from the following teams:

American Twisters, Angels*, LaFleur's Largo*,
Orlando Metro***

**Teams in 2 squads **Team in 3 squads*

3:45-4:00pm General Stretch
4:00-4:10pm March In
4:10-4:20pm Timed Warm Ups
4:20-6:45pm Competition

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



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