

# 26<sup>th</sup> Annual Aloha Invitational & NAWGJ Judges' Cup

at the

University of Tampa Bob Martinez Center, 312 North Boulevard, Tampa, FL 33606

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## Competition Schedule Saturday, September 14, 2019

### Gym A

#### *Modified Traditional Format*

#### Session One (1A)

USA Gymnastics **Level 1** Gymnasts from the following teams:

*FGTC (15), Orlando Metro \* (27), Tampa Bay Turners (12)*

*\*Team in two squads*

8:00-8:15      General Stretch  
8:15-8:25      March In  
8:25-8:40      Timed Warm Ups  
8:40-10:30     Competition

*Individual Awards and USA Gymnastics Level 1 Division 1 Team Awards to follow*

#### Session Two (2A)

USA Gymnastics **Level 1** Gymnasts from the following teams:

*Boundless (2), Browns Gym Orbit (8), Gulf Coast (6), Gymnastics Etc. (6), Harbor City (10), Sarasota (6), Titusville (4),  
United Flip Force (7)*

10:30-10:45    General Stretch  
10:45-10:55    March In  
10:55-11:10    Timed Warm Ups  
11:10-12:45    Competition

*Individual and USA Gymnastics Level 1 Division 2 Team Awards to follow*

#### Session Three (3A)

USA Gymnastics **Level 2** Gymnasts from the following teams:

*Balcony (8), Boundless (1), Browns Gym Orbit (8), FGTC (6), Flight Gymnastics (8), Gulf Coast (7),  
Premier Gymnastics (6), Stars Gymnastics (6), Titusville (5)*

12:45-1:00     General Stretch  
1:00-1:10      March In  
1:10-1:25      Timed Warm Ups  
1:25-3:15      Competition

*Individual and USA Gymnastics Level 2 Division 3 Team Awards to Follow*

#### Session Four (4A)

USA Gymnastics **Level 2** Gymnasts from the following teams

*Angels\* (11), Gymnastics Etc. (9), Harbor City (10), New Wave\* (10), Sarasota (8), United Flip Force (10)*

*\*Team in two squads*

3:15-3:30      General Stretch  
3:30-3:40      March In  
3:40-3:55      Timed Warm Ups  
3:55-6:00      Competition

*Individual and USA Gymnastics Level 2 Division 2 Team Awards to Follow*

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**Door Fees – Cash only    Adults \$12    Children (5-17yrs) \$7    Children 4 and under Free**  
*Free parking in garage just north of the gym*

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## Competition Schedule Saturday, September 14, 2019

### Gym A

*Modified Traditional Format*

#### Session Five (5A)

USA Gymnastics **Level 2** Gymnasts from the following teams  
*La Fleurs Largo\* (21), Lakewood Ranch (15), Orlando Metro\* (23)*  
*\*Team in two squads*

6:00-6:15      General Stretch  
6:15-6:25      March In  
6:25-6:40      Timed Warm Ups  
6:40-8:45      Competition

*Individual and USA Gymnastics Level 2 Division 1 Team Awards to Follow*

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## Competition Schedule Sunday, September 15, 2019

### Gym A

*Competition is Modified Capital Cup Format*

#### Session One (6A)

USA Gymnastics **Level 4** Gymnasts from the following teams:

*Ace Daytona (4), Angels (2), Boundless (4), Gulf Coast (4), Gymnastics Etc. (6), New Wave (5), North Port (5), Sarasota Gymnastics (4), TNT (2)*

All USA Gymnastics **Level 5** Gymnast

*ACE Daytona (2), Balcony (3), EVO (4), FGTC (5), Gulf Coast (4), Orlando Metro (8), Southern Starz (2), Stars Gymnastics (5), TNT Gymnastics (7)*

8:00-8:15      General Stretch  
8:15-8:25      March In  
8:25-8:35      Timed Warm Ups  
8:35-11:15     Competition

Individual and Level 4 Division 3 and Level 5 Team Awards to follow

#### Session Two (7A)

USA Gymnastics **Level 4** Gymnasts from the following teams:

*Balcony (7), Broadway (10), Browns Gym Orbit (8), FGTC (7), Harbor City (10), Lakewood Ranch (7), Premier (8), Southern Starz (8), Tampa Bay Turners (10)*

11:15-11:30    General Stretch  
11:30-11:40    March In  
11:40-11:50    Timed Warm Ups  
11:50-2:30     Competition

Individual and USA Gymnastics Level 4 Division 2 Team Awards to follow

#### Session Three (8A)

USA Gymnastics **Level 4** Gymnasts from the following Teams:

*DGA (11), LaFleur's Largo\* (18), Orlando Metro\* (21), Starlight\* (13), Universal (1), United Flip Force (1)*

*\*Team in two squads*

2:30-2:45      General Stretch  
2:45-2:55      March In  
2:55-3:05      Timed Warm Ups  
3:05-5:45      Competition

Individual and USA Gymnastics Level 4 Division 1 Team Awards to follow

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## Competition Schedule Saturday, September 14, 2019

### Gym B

*Competition is Modified Traditional Format*

#### Session One (1B)

USA Gymnastics **Level 3** Gymnasts from the following teams:

*Broadway (17), LaFleur's Largo\* (24), Orlando Metro (17)*

*\*Team in two squads*

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

*Individual Awards and USA Gymnastics Level 3 Division 1 Team Awards to follow*

#### Session Two (2B)

USA Gymnastics **Level 3** Gymnasts from the following teams:

*Ace Daytona (14), Angels (13), Balcony (13), Lakewood Ranch (15)*

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

*Individual and USA Gymnastics Level 3 Division 2 Team Awards to follow*

#### Session Three (3B)

USA Gymnastics **Level 3** Gymnasts from the following teams:

*Boundless (4), Brown's Gym Orbit (7), DGA Tampa (6), FGTC (3), North Port (7), Sarasota Gymnastics (5), Stars Gymnastics (4), TNT Gymnastics (7), Tampa Bay Turners (8), Titusville (7), United Flip Force (4)*

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

*Individual and USA Gymnastics Level 3 Division 4 Team Awards to follow*

#### Session Four (4B)

USA Gymnastics **Level 3** Gymnasts from the following teams

*Gulf Coast (11), Gymnastics Etc\* (12), Harbor City (9), New Wave (1), Premier (9), Starlight (12)*

*\*Team in two squads*

5:00-5:15      General Stretch  
5:15-5:25      March In  
5:25-5:40      Timed Warm Ups  
5:40-8:00      Competition

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

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