

2019 Florida AAU 1st Qualifier - North

www.gymforce.net

**Tully Gymnasium, on the Campus of Florida State University,
Tallahassee, Florida**

PLEASE COPY THIS SCHEDULE AND DISTRIBUTE TO ALL PARTICIPATING FAMILIES.

Spectator Entry Fees (Cash Only)

Adults (13 and Older) - \$12.00 per day, \$18.00 Weekend

Children (5 to 12) - \$6.00 per day, \$9.00 Weekend

Children 4 and Under - No Charge

There is no ATM close to the Arena, so please be prepared.

Saturday, January 12, 2019

Session SA1 - Capitol Cup	
<i>Level 3 Athletes All Divisions</i>	
First City, Fleming Island, Gym Force, North Florida - Jax, North Florida - OP, Ormond Beach, WGV Gymnastics, World Class	
General Stretch	8:00 AM
March-In	8:20 AM
Competition	8:25 AM
Individual Awards to follow.	

Session SA2 - Capitol Cup	
<i>Level 4 Athletes All Divisions</i>	
First City, Fleming Island, Gym Force, North Florida - Jax, North Florida - OP, World Class	
General Stretch	10:45 AM
March-In	11:05 AM
Competition	11:10 AM
Individual Awards to follow.	

Session SA3 - Capitol Cup	
<i>Levels 7, 8, 9, Xcel Platinum & Xcel Diamond Athletes All Divisions</i>	
Ancient City, Bard, Beaches Gymnastics, First City, Fleming Island, Florida School, Gallagher's, Gym Force, Sun Country, Taylor Gymnastics	
General Stretch	1:15 PM
March-In	1:45 PM
Competition	1:50 PM
Individual Awards to follow.	

Session SA4 - Capitol Cup	
<i>ALL LEVEL 5 and Xcel Gold Adv, Elite & Open Xcel Gold Novice Born ON or BEFORE May 31, 2007</i>	
Ancient City, Bard, Beaches Gymnastics, First City, Florida School, Gallagher's, Grace'full, Gym Force, Sun Country, Taylor Gymnastics	
General Stretch	4:30 PM
March-In	4:50 PM
Competition	4:55 PM
Individual Awards to follow.	

Hailey T.
Madelyn F.
Autumn L.
Karyn M.

Himal B.
Allison D.
Victoria W.
Adrianna W.

Abigail B.
Jenna D.
Ellis I.
Neko N.
Antonella S.
Chase W.

Session SA5 - Capitol Cup	
<i>Xcel Gold Novice Athletes Born ON or AFTER June 1, 2007</i>	
Ancient City, Beaches Gymnastics, First City, Florida School, Gallagher's, Gym Force, Sun Country, Taylor Gymnastics	
General Stretch	6:45 PM
March-In	7:05 PM
Competition	7:10 PM
Individual Awards to follow.	

HOST HOTEL:
DoubleTree by Hilton
101 S. Adams St.
Tallahassee, FL 32301
(850) 224-5000
\$125.00 per night
Ask for Gym Force Gymnastics Rate.

Sunday, January 13, 2019

Session SU1 - Capitol Cup	
<i>ALL Xcel Silver Advanced and Open Silver Novice Born ON or BEFORE May 31, 2008</i>	
Ancient City, Bard, Beaches Gymnastics, First City, Florida School, Gallagher's, Grace'full, Gym Force, Ormond Beach, Sun Country, Taylor Gymnastics	
General Stretch	8:00 AM
March-In	8:20 AM
Competition	8:25 AM
Individual Awards to follow.	

Session SU2 - Capitol Cup	
<i>Xcel Silver Novice Athletes Born ON or AFTER June 1, 2008</i>	
Ancient City, Bard, Beaches Gymnastics, Gallagher's, Grace'full, Gym Force, Ormond Beach, Sun Country, Taylor Gymnastics	
General Stretch	9:45 AM
March-In	10:05 AM
Competition	10:10 AM
Individual Awards to follow.	

Eliette C.
Sara D.
Isabella G.
Sadie H.
Caroline H.
Claire S.

Session SU3 - Capitol Cup	
<i>Level 1 & Xcel Bronze All Divisions</i>	
Ancient City, Bard, Beaches Gymnastics, First City, Florida School, Gallagher's, Sun Country, Taylor Gymnastics, World Class	
General Stretch	11:45 AM
March-In	12:05 PM
Competition	12:10 PM
Individual Awards to follow.	

Session SU4 - Capitol Cup	
<i>Level 2 Athletes All Divisions All Divisions</i>	
First City, Fleming Island, Gym Force, North Florida - Jax, Ormond Beach, WGV Gymnastics, World Class	
General Stretch	1:30 PM
March-In	1:50 PM
Competition	1:55 PM
Individual Awards to follow.	

Juliette B.
Anastasia C.
Kylie M.