



Greater Virginia

Invitational Session Times

February 24th and 25th 2018

Colonial Forge High School

550 Courthouse Road, Stafford, VA 22554

Modified Capital Cup Format

Session #1 Xcel Silver

Saturday, February 24, 2018

7:30 AM– Gymnast Check-In

8:00 AM– Open Stretch

10:30 AM– Awards

Gyms competing:

Royals, New Kent, Middlesex, VIGS,
Williamsburg, North Mountain, Above the Bar,
WISC, *River City, Twisters and Apollo

*** Requires 2 Coaches**

Session #2 Level 4

Saturday, February 24, 2018

10:05 AM– Gymnast Check-In

10:35 AM– Open Stretch

1:00 PM– Awards

Gyms competing:

Royals, Fairfax, *WISC, Middlesex,
Williamsburg, Flipateers, *Aerials, Above the
Bar, Majik Saints and New Kent

***Requires 2 Coaches**

MAKE-A-WISH®
Greater Virginia

Session #3 Level 5 and Xcel Gold

Saturday, February 24, 2018
12:30 PM– Gymnast Check-In
1:00 PM– Open Stretch
3:45 PM– Awards

Gyms competing:

Royals, *Aerials, Majik Saints, Williamsburg,
Flipateers, *WISC, Apollo, River City, VIGS, New
Kent, *Above the Bar, APEX, North Mountain
and Twisters

*Requires 2 Coaches

Session #4 Level 7, 8, 9, 10 and Xcel Diamond

Saturday, February 24, 2018
3:25 PM– Gymnast Check-In
3:55 PM– Open Stretch
7:05 PM– Awards

Gyms competing:

**Royals, *Fairfax, New Kent, Flipateers, WISC,
Williamsburg, APEX, North Mountain and
Rebounders

*Requires 2 Coaches

** Requires 3 Coaches

Session #5 Xcel Bronze

Sunday, February 25, 2018
7:30 AM– Gymnast Check-In
8:00 AM– Open Stretch
10:25 AM– Awards

Gyms competing:

Royals, *New Kent, WISC, Apollo, North
Mountain, Williamsburg, *River City, Middle-
sex, and Above the Bar

*Requires 2 Coaches

MAKE-A-WISH®
Greater Virginia

Session #6 Level 3

Sunday, February 25, 2018
10:00 AM– Gymnast Check-In
10:30 AM– Open Stretch
12:30 PM– Awards

Gyms competing:
**Aerials, *APEX, Above the bar, Williamsburg
and Majik Saints
*Requires 2 Coaches
**Requires 3 Coaches

**Session #7 Level 3
Level 3 Team Award**

Sunday, February 25, 2018
12:05 PM– Gymnast Check-In
12:35 PM– Open Stretch
2:20 PM– Awards

Gyms competing:
Royals, *WISC, Fairfax, New Kent, River City,
and Flipateers
*Requires 2 Coaches

Session #8 Level 6 and Xcel Platinum

Sunday, February 25, 2018
2:00 PM– Gymnast Check-In
2:30 PM– Open Stretch
6:25 PM– Awards

Gyms competing:
*Royals, Rebounders, *Williamsburg, Above the
Bar, Majik Saints, Flipateers, Aerials, Twisters,
*WISC, Fairfax, APEX, VIGS, North Mountain
and New Kent
*Requires 2 Coaches