

2022 City of Lights Invitational Schedule

Modified Capital Cup

Friday, February 11, 2022

Session 1 – Level 1 & 2

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
10:10 AM: Awards

Participating Gyms:

Gym Orbit Victory Elite
North Florida World Class
Orlando Metro

Level 2 Team Awards

Session 2 – XCEL Bronze

10:10 AM: General Stretch
10:25 AM: Timed Warm/Competition
11:55 AM: Awards

Participating Gyms:

Apollo Orlando Metro
Gym Orbit Sarasota
Intensity Victory Elite

Session 3 – XCEL Bronze

11:55 AM: General Stretch
12:10 PM: Timed Warm/Competition
1:40 PM: Awards

Participating Gyms:

360 Palm Coast
Elite West Broward
Flight WGV

XCEL Bronze Team Awards

Session 4 – XCEL Gold

1:40 PM: General Stretch
1:55 PM: Timed Warm/Competition
4:20 PM: Awards

Participating Gyms:

360 Intensity
Edge North Florida
Elite Sarasota
Flight West Broward

Session 5 – XCEL Gold/Level 4

4:20 PM: General Stretch
4:35 PM: Timed Warm/Competition
7:00 PM: Awards

Participating Gyms:

Cape Cod (L4) Orlando Metro(L4)
Gym Orbit(L4/XG) Palm Coast (XG)
Harris Chalkettes (XG) Spirit (XG)
Intensity (L4) World Class (L4)
North Florida(L4)

Level 4 Team Awards

Session 6 – XCEL Gold/Level 5

7:00 PM: General Stretch
7:15 PM: Timed Warm/Competition
9:40 PM: Awards

Participating Gyms:

Apollo (XG) Stick It (XG)
Intensity (L5) Top Contenders (XG)
North Florida (L5) WGV (XG)
Orlando Metro (XG/L5) Williamsburg (L5)

Level 5 & XG Team Awards

Saturday, February 12, 2022

Session 7 – Level 6

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

360
Cape Cod Rise
Harris Chalkettes Sarasota
Intensity Spirit
Maximum Velocity Top Contenders
North Florida Victory Elite
Orlando Metro West Broward
Palm Coast Williamsburg
Premier World Class

Level 4 Team Awards

Session 8 – Level 7

11:45 AM: General Stretch
12:05 AM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

360 Palm Coast
Apollo Premier
Cape Cod Rise
GTC - MI Sarasota
Gym Orbit Top Contenders
Harris Chalkettes Victory Elite
Maximum Velocity West Broward
North Florida World Class
Orlando Metro

Level 7 Team Awards

Session 9 – Level 8

3:00 PM: General Stretch
3:20 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

360 Premier
Edge Rise
GTC – MI Sarasota
Maximum Velocity Stick It
North Florida Victory Elite
Orlando Metro West Broward
Palm Coast

Level 8 Team Awards

Session 10 – Level 9 & 10

6:30 PM: General Stretch
6:50 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

360 Rise
GTC – MI Sarasota
North Florida Stick It
Orlando Metro West Broward
Palm Coast Williamsburg
Premier

Level 9 & 10 Team Awards

Sunday, February 13, 2022

Session 11 – XP & XD

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:15 AM: Awards

Participating Gyms:

Apollo Intensity
Cape Cod North Florida
Edge Orlando Metro
Flight Palm Coast
Gym Orbit Stick It
Harris Chalkettes West Broward

XCEL XP & XD Team Awards

Session 12 – XCEL Silver/Level 3

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
1:45 PM: Awards

Participating Gyms:

360 (XS) Orlando Metro (L3)
Cape Cod (L3) Palm Coast (XS)
Gym Orbit L3/XS World Class (L3)
North Florida (L3/XS)

Level 3 Team Awards

Session 13 – XCEL Silver

1:45 PM: General Stretch
2:00 PM: Timed Warm/Competition
4:15 PM: Awards

Participating Gyms:

Edge Top Contenders
Elite Victory Elite
Orlando Metro (14)
Sarasota West Broward
Stick It WGV

Session 14 – Women's Silver

4:15 PM: General Stretch
4:130 PM: Timed Warm/Competition
6:45 PM: Awards

Participating Gyms:

Apollo Intensity
Elite Orlando Metro (9)
Flight Spirit
Harris Chalkettes

XCEL Silver Team Awards

1/13/22