

# 2023 City of Lights Schedule

## GYM A– Modified Capital Cup

Friday, February 10, 2023

### Session 1 – Women’s Silver

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

#### Participating Gyms:

Bay Area	Miller
Brown’s Gym Orbit	Nova
Gym Elite	Orlando Metro
Intensity	TBT

#### XCEL Silver Team Awards

### Session 2 – Women’s Level 8

10:0 AM: General Stretch  
10:15 AM: Timed Warm/Competition  
12:30 PM: Awards

#### Participating Gyms:

Angel’s	Salem
Brown’s Gym Orbit	TBT
Champion	Top Contenders
NYC Elite	United Dothan
Perimeter	World Class - VA

### Session 3 – Women’s Level 8

12:30 PM: General Stretch  
12:45 PM: Timed Warm/Competition  
3:00 PM: Awards

#### Participating Gyms:

All American – SD	Naperville
Bay City	Nova
Glory	Orlando Metro
Higo Elite	Parkettes
Hopes & Dreams	

### Session 4 – Women’s Level 8

3:00 PM: General Stretch  
3:15 PM: Timed Warm/Competition  
5:30 PM: Awards

#### Participating Gyms:

All American - UT	Mid Island
American - MI	Precision
Coast Elite	Revolution
Gym X-Treme	SSGA
Islands	Stars - TX

#### Level 8 Team Awards

### Session 5 – Women’s Level 9

5:30 PM: General Stretch  
5:45 PM: Timed Warm/Competition  
8:00 PM: Awards

#### Participating Gyms:

All American - UT	Parkettes
Coast Elite	Stars- TX
Endless Mountain	TBT
Gym X-Treme	Texas East
Naperville	United Dothan
Orlando Metro	

### Session 6 Compulsory Qualifying

8:00 PM: General Stretch  
10:00 PM: Session End

#### Participating Gyms

Bull City	JamJev
Endless Mountains	World Class - VA

Saturday, February 11, 2023

### Session 7 – Women’s Level 9/10

8:00 AM: General Stretch  
8:15 AM: Timed Warm/Competition  
10:30 AM: Awards

#### Participating Gyms:

All American - SD	Perimeter (L9)
All American – UT (L10)	Precision (L10)
Angel’s (L10)	Revolution
Endless Mountain (L10)	Salem
Flight (L10)	TBT (L10)
Higo Elite	World Class- VA (L9)
Infiniti Elite (L10)	Xtreme – AL (L9)

#### Level 9 Team Awards

### Session 8 – Women’s Level 10

10:30 AM: General Stretch  
10:45 AM: Timed Warm/Competition  
1:30 PM: Awards

#### Participating Gyms:

Coast Elite	Orlando Metro
Gym X-Treme	Parkettes
Hopes & Dreams	Stars - TX
Mid Island	United Dothan
Naperville	World Class - VA

#### Level 10 Team Awards

### Session 9 – Optional Qualifier

1:30 PM: General Stretch  
5:30 PM: Awards

#### Participating Gyms:

Boundless	Lakewood Ranch
Capital	Pacific Reign
Flips - MN	Parkettes
Georgia All-Stars	Twin City Twisters
Georgia Elite	WCC

### Session 10 – Optional Qualifier

5:30 PM: General Stretch  
9:30 PM: Awards

#### Participating Gyms:

All American – SD	Hopes & Dreams
All American – UT	Iowa Gym-Nest
Bull City	JamJev
E.T.C.	Naperville
Endless Mountain	Stars-TX
First State	World Class - VA

Sunday, February 12, 2023

### Session 11 – Women’s Silver

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

#### Participating Gyms:

Champion	Islands
Coast Elite	Perimeter
Endless Mountain	Precision
Georgia Elite	Top Contenders
Glory	Xtreme - AL

#### XCEL Silver Team Awards

### Session 12 – Women’s Level 4

10:00 AM: General Stretch  
10:50 AM: Timed Warm/Competition  
1:00 PM: Awards

#### Participating Gyms:

American – MI	Orlando Metro
Mid Island	World Class – VA (10)
NYC Elite	

### Session 13 – Women’s Level 4

1:15 PM: General Stretch  
1:30 PM: Timed Warm/Competition  
3:30 PM: Awards

#### Participating Gyms:

All American - SD	SSGA
Coast Elite	Top Contenders
Gym Etc. - FL	World Class – VA (10)
Intensity	

#### Level 4 Team Awards

### Session 14 – Women’s Gold

3:30 PM: General Stretch  
3:45 PM: Timed Warm/Competition  
6:30 PM: Awards

#### Participating Gyms:

American - MI	Millers
Endless	Nova
Flight	Orlando Metro (2)
Glory	Perimeter
Gym Elite	Salem
Islands	

### Session 15 – Women’s Gold

6:30 PM: General Stretch  
6:45 PM: Timed Warm/Competition  
9:30 PM: Awards

#### Participating Gyms:

Bay Area	Intensity
Brown’s Gym Orbit	Orlando Metro
Champion	Temple Terrace
Coast Elite	Top Contenders
Georgia Elite	

#### XCEL Gold Team Awards