



2024 Fall Gasparilla Invitational Competition Schedule

Advent Health Fieldhouse, 210 Cypress Gardens Blvd., Winter Haven, FL

Saturday, October 19, 2024

Modified Capital Cup Format

Session One (1)

ALL USA Gymnastics Level 1 Gymnasts

*ACE, Balance, Brandy Johnson's, Flight, Suncoast,
Top Contenders, Tumblebees Miami*

ALL USA Gymnastics Xcel Bronze Gymnasts

Titanium

8:15-8:30am General Stretch
8:30-8:45am March In/Timed Warm Ups
8:45-10:30am Competition

Individual Awards and Team Awards to follow

Session Two (2)

ALL USA Gymnastics Level 3 Gymnasts from the following teams

*Ace, Balance, Motions Unlimited, Suncoast,
Top Contenders, Tumblebees Miami*

ALL USA Gymnastics Xcel Silver Gymnasts

Motions Unlimited, Titanium

10:30-10:45am General Stretch
10:45-11:05am March In/Timed Warm Ups
11:05am -1:00pm Competition

Individual Awards and Team Awards to follow

Session Three (3)

USA Gymnastics Level 3 Gymnasts from the following teams:

*Brandy Johnson's, Flight, Premier, Rip Tide, UGA,
YMCA Bob Sierra*

1:00-1:15pm General Stretch
1:15-1:35pm March In/Timed Warm Ups
1:35-3:30pm Competition

Individual Awards and Team Awards to follow

Session Four (4)

USA Gymnastics Level 3 Gymnasts from the following teams:

*Angels, Coast Elite, Future Flipz, Gulf Coast Elite,
North Port, WGV*

3:30-3:45pm General Stretch
3:45-4:05pm March In/Timed Warm Ups
4:05-6:00pm Competition

Individual Awards and Team Awards to follow

Session Five (5)

ALL USA Level 5

*Balance 180, Balance, Brandy Johnson's, Future Flipz,
Gul Coast Elite, MGA, Tumblebees Miami*

ALL USA Xcel Gold & Platinum

Motions Unlimited, Titanium

6:00-6:15pm General Stretch
6:15-6:35pm March In/Timed Warm Ups
6:35-8:45pm Competition

Individual Awards and Team Awards to follow



Door Fees – Adults \$20 Children (5-17yrs) \$15 Children 4 and under Free





2024 Fall Gasparilla Invitational Competition Schedule

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Sunday, October 20, 2024

Modified Capital Cup Format

Session Six (6)

USA Gymnastics Level 4 Gymnasts

from the following teams:

Balance 180, Brandy Johnson's, Coast Elite, Future Flipz, Gulf Coast Elite, MGA, Reflex, Tumblebees Miami, YMCA North Brandon

8:00-8:15am General Stretch
8:15-8:35am March In/Timed Warm Ups
8:35-10:45am Competition

Individual Awards and Team Awards to follow

Session Seven (7)

USA Gymnastics Level 4 Gymnasts

from the following teams:

Ace, Angels, Balance, Bay Area, Flight, North Port, Premier, Rip Tide, Suncoast, Top Contenders, WGV

10:45 -11:00am General Stretch
11:00 -11:20am March In/Timed Warm Ups
11:20am -1:30pm Competition

Individual Awards and Team Awards to follow

Session Eight (8)

USA Gymnastics Level 2 Gymnasts

from the following teams:

Angels, Balance, Bay Area, Flight, Gulf Coast Elite, North Port, Rip Tide, Tumblebees Miami, WGV

1:30-1:45pm General Stretch
1:45-2:05pm March In/Timed Warm Ups
2:05-4:00pm Competition

Individual Awards and Team Awards to follow

Session Nine (9)

USA Gymnastics Level 2 Gymnasts

from the following teams:

Ace, Brandy Johnson's, Premier, Suncoast, Top Contenders, UGA, YMCA Bob Sierra

4:00-4:15pm General Stretch
4:15-4:30pm March In/Timed Warm Ups
4:30-6:30pm Competition

Individual Awards and Team Awards to follow



Door Fees – Adults \$20 Children (5-17yrs) \$15 Children 4 and under Free

