



# 2025 Aloha Invitational & NAWGJ Judges Cup Competition Schedule

at the  
Advent Health Fieldhouse, 210 Cypress Gardens Blvd., Winter Haven, FL 33880

**Saturday, September 13, 2025**

*Modified Capital Cup Format*

## Session One

### **USA Gymnastics Level 2 Gymnasts from the following teams:**

*Angels, Balance 180, Future Flipz,  
Gym World Ft. Myers, New Wave, Nova Davie, Stars,  
United Gym Academy (Oldsmar), UGA – PSL,  
Victory Elite*

9:00-9:15am General Stretch  
9:15-9:35am March In/Timed Warmups  
9:35-11:45am Competition

*Individual Awards and  
Team Awards to follow*

## Session Two

### **ALL USA Gymnastics Xcel Bronze Gymnasts**

*North Port, Stars, UGA – PSL, Volusia*

### **ALL USA Gymnastics Level 1 Gymnasts**

*NOVA Davie, Victory Elite*

### **USA Gymnastics Level 2 Gymnasts from the following teams:**

*North Port, Sun Country, WGV*

11:45am-12:00pm General Stretch  
12:00-12:20pm March In/Timed Warmups  
12:20-2:30pm Competition

*Individual Awards and  
Team Awards to follow*

## Session Three

### **ALL USA Gymnastics Xcel Silver**

*GymCats, North Port, Stars, Volusia*

### **USA Gymnastics Level 3 Gymnasts from the following teams:**

*Angels, Balance 180, Gym World Ft. Myers, New Wave  
United Gym Academy (Oldsmar), Victory Elite*

2:30-2:45pm General Stretch  
2:45-3:05pm March In/Timed Warmups  
3:05-5:15pm Competition

*Individual Awards and  
Team Awards to follow*

## Session Four

### **USA Gymnastics Level 3 Gymnasts**

**from the following teams:**

*Harbor City, North Port, NOVA Davie, SportsRock,  
Stars, Sun Country, WGV*

5:15-5:30pm General Stretch  
5:30-5:45pm March In/Timed Warmups  
5:45-8:00pm Competition

*Individual Awards and  
Team Awards to follow*



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



## 2025 Aloha Invitational & NAWGJ Judges Cup Competition Schedule

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**Sunday, September 14, 2025**

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### Session Five

#### **USA Level 4 Gymnasts**

#### **from the following teams:**

*Angels, Balance 180, Gym World Ft. Myers, New Wave,  
North Port, NOVA Davie, Stars, Sun Country, UGA – PSL, Victory Elite*

9:00-9:15am	General Stretch
9:15-9:35am	March In/Timed Warmups
9:35am-12:00pm	Competition

*Individual Awards and  
Team Awards to follow*

### Session Six

#### **USA Level 4 Gymnasts**

#### **from the following teams:**

*Florida Flips, Harbor City, SportsRock, Tampa Gymnastics,  
United Gymnastics Academy (Oldsmar), UGA – Oviedo, WGV*

#### **ALL USA Gymnastics Level 5 Gymnasts**

*Florida Flips, Stars, Sun Country, United Gym Academy (Oldsmar),  
UGA Oviedo, Victory Elite, WGV*

#### **ALL USA Gymnastics Xcel Gold Gymnasts**

*GymCats*

12:00-12:15pm	General Stretch
12:15-12:35pm	March In/Timed Warmups
12:35-2:45pm	Competition

*Individual Awards and  
Team Awards to follow*



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