



**2026 Aloha Invitational &
NAWGJ Judges Cup Competition Schedule**
Advent Health Fieldhouse, 210 Cypress Gardens Blvd., Winter Haven, FL 33880



Saturday, September 12, 2026

Modified Capital Cup Format

Session One

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

Angels Future Flipz North Port Nova - Davie	Premier Suncoast United Gym Academy Oldsmar Victory Elite
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9:00-9:35am General Stretch/ March In/Warmups

9:35-11:45am Competition

Individual Awards and Team Awards to follow

Session Two

<u>Xcel Bronze</u>	<u>Level 1</u>	<u>Level 2</u>
North Port Premier Victory Elite	Nova – Davie Suncoast Temple Terrace Victory Elite	Balance 180 Jubilee Sun Country Temple Terrace

11:45am-12:20pm General Stretch/March In/Warmups

12:20-2:30pm Competition

Individual Awards and Team Awards to follow

Session Three

<u>Xcel Silver</u>	<u>Level 3</u>
North Port Premier Victory Elite	Angels Future Flipz Sun Country Suncoast
	Temple Terrace United Gym Acad Oldsmar Victory Elite (9)

2:30-3:05pm General Stretch /March In/Warmups

3:05-5:15pm Competition

Individual Awards and Team Awards to follow

Session Four

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

Balance 180 Jubilee Legacy Nova - Davie	Premier Trousdel UGA – Oviedo Victory Elite (10)
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5:15-5:45pm General Stretch/March In/Warmups

5:45-8:00pm Competition

Individual Awards and Team Awards to follow

Sunday, September 13, 2026

Modified Capital Cup Format

Session Five

**USA Gymnastics Level 4 Gymnasts
from the following teams:**

Future Flipz Intensity Jubilee Legacy Nova – Davie Premier	Southern Starz Temple Terrace Trousdel United Gym Academy Oldsmar UGA - Oviedo Victory Elite (9)
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9:00-9:35am General Stretch/March In/Warmups

9:35am-12:00pm Competition

Individual Awards and Team Awards to follow

Session Six

<u>Level 4</u>	<u>Level 5</u>
Angels Sun Country Suncoast Victory Elite (9)	Florida Flips Future Flipz Southern Starz Sun Country UGA – Oviedo Victory Elite

12:00-12:35pm General Stretch March In/Warmups

12:35-2:45pm Competition

Individual Awards and Team Awards to follow

