

# USAG Women's Competition Schedule



**HOST SITE**  
Greater Philadelphia Expo Center  
100 Station Avenue  
Oaks PA 19456  
484.754.EXPO voice  
www.phillyexpoctr.com website

**WOMEN'S HOST GYM**  
Aerials Gymnastics Center  
The Shoppes at Valley Forge  
238 Schuylkill Road, Route 23  
Phoenixville, PA 19460  
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## Friday, November 30, 2018

### Washington Area

(Modified Capital Cup)



#### Session I, Level 8

7:30 AM Registration / 8:00 AM Warm Up

#### Session II, Level 9

11:30 AM Registration / 12:00 PM Warm Up

#### Session III, Xcel Silver

2:20 PM Registration / 3:10 PM Warm Up

#### Session IV, Level 7

5:10 PM Registration / 5:40 PM Warm Up

### Franklin Area

(Traditional Format)



#### Session 1B, Level 2

2:30 PM Registration / 3:00 PM Warm Up

#### Session 2B, Xcel Bronze

4:10 PM Registration / 4:40 PM Warm Up

#### Session 3B, Level 10, Xcel Diamond

6:00 PM Registration / 6:30 PM Warm Up

## Saturday, December 1, 2018

### Washington Area

(Modified Capital Cup)



#### Session V, Level 3A

(Aerials, Bright Stars, Centre Elite, GymOlympic, Head over Heels, Hershey, John Pancott, United)

7:30 AM Registration / 8:00 AM Warm Up

#### Session VI, Level 3B

(Freedom, Health Quest, High Performance, Montco, Nook, Olympiad, Spirit, UMDG)

10:25 AM Registration / 10:55 AM Warm Up

#### Session VII, Level 4A

(Aerials, Bright Stars, Centre Elite, Freedom, GymOlympic, Head over Heels, Hershey, High Performance)

1:45 PM Registration / 2:15 PM Warm Up

#### Session VIII, Level 4B

(John Pancott, Montco, Nook, Olympiad, Roth's Crosspoint, Spirit, Stallone, UMDG)

4:55 PM Registration / 5:25 PM Warm Up

## Sunday, December 2, 2018

### Washington Area

(Modified Capital Cup)



#### Session IX, Level 5

7:30 AM Registration / 8:00 AM Warm Up

#### Session X, Level 6

11:25 AM Registration / 11:55 AM Warm Up

#### Session XI, Xcel Gold

3:20 PM Registration / 3:50 PM Warm Up

#### Session XII, Xcel Platinum

6:40 PM Registration / 7:10 PM Warm Up

## Coaches Please Read . . .

- ✓ **Coaches, your digital music device must have a screen so we can see the music selection.**
- ✓ **All registration and warm-up times can be a few minutes later than scheduled depending on the prior sessions activity.**

updated 11/20/2018