

2021 USA Gymnastics Men's State Championships

Legacy Park Multipurpose Center Alachua, FL

Competition Schedule

ADMISSION AT THE DOOR IS CASH ONLY! We do not accept checks and cannot take credit cards.
 Adults (12+ yrs.) - \$20.00 per day, \$30.00 Weekend Children (4 - 11 yrs.) \$12.00 per day, \$20.00 Weekend

Pre-paid Tickets are available at www.EventBrite.com. A \$5.00 Service Fee per ticket will be charged.

Friday, March 12, 2021

<p style="text-align: center;">Session FR1 - Modified Capitol Cup Technical Sequences</p> <p>ACE FL, EVO Gymnastics, FGTC, Gym Force, Gymnastics USA, LaFleur's Tampa, North Florida - Jax, North Florida - OP, Orlando Metro, Sun Country, Trousdell</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">9:00 AM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">9:20 AM</td></tr> <tr><td>Competition</td><td style="text-align: right;">9:25 AM - 11:30 AM</td></tr> </table> <p style="text-align: center;">No Awards Ceremony</p>	General Stretch	9:00 AM	Introductions and March In	9:20 AM	Competition	9:25 AM - 11:30 AM	<p style="text-align: center;">Session FR2 - Modified Capitol Cup Level 5 Div 1 & 2 Athletes 7 - 8 and 11+ Y.O. Age Divisions</p> <p>ACE FL, Bayside, EGA Florida, EVO Gymnastics, Florida Flips, Golden City, Gulf Coast, Gym Force, Gymnastics USA, Harbor City, IGG, LaFleur's Tampa, Naples Progressive, North Florida - OP, Nova Fla, Oldsmar, Orlando Metro, South Miami, Sun Country, TNT, Trousdell, TumbleBees Jupiter, Universal Gym Acad</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">12:00 PM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">12:20 PM</td></tr> <tr><td>Competition</td><td style="text-align: right;">12:25 PM - 2:15 PM</td></tr> </table> <p style="text-align: center;">Individual Awards to follow.</p>	General Stretch	12:00 PM	Introductions and March In	12:20 PM	Competition	12:25 PM - 2:15 PM
General Stretch	9:00 AM												
Introductions and March In	9:20 AM												
Competition	9:25 AM - 11:30 AM												
General Stretch	12:00 PM												
Introductions and March In	12:20 PM												
Competition	12:25 PM - 2:15 PM												
<p style="text-align: center;">Session FR3 - Modified Capitol Cup Level 5 Div 1 & 2 Athletes 9 - 10 Y.O. Age Division</p> <p>ACE FL, Angel's Gymnastics, Bayside, FGTC, Gallagher's, Gold Coast, Golden City, Gulf Coast, Gymnastics USA, Harbor City, IGG, LaFleur's Tampa, Naples Progressive, North Florida - Jax, Nova Fla, Oldsmar, Panhandle Perfection, South Miami, Sun Country, Trousdell, TumbleBees Jupiter</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">3:00 PM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">3:20 PM</td></tr> <tr><td>Competition</td><td style="text-align: right;">3:25 PM - 5:15 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	3:00 PM	Introductions and March In	3:20 PM	Competition	3:25 PM - 5:15 PM	<p style="text-align: center;">Session FR4 - Modified Capitol Cup Level 6 Athletes</p> <p>ACE FL, Angel's Gymnastics, Bayside, Boundless Gymnastics, EGA Florida, EVO Gymnastics, FGTC, Gallagher's, Gold Coast, Golden City, Gulf Coast, Gym Force, Gymnastics USA, Harbor City, North Florida - Jax, Oldsmar, Orlando Metro, Park Avenue, South Miami, Sun Country, TNT, TumbleBees Jupiter, Universal Gym Acad</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">6:00 PM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">6:20 PM</td></tr> <tr><td>Competition</td><td style="text-align: right;">6:25 PM - 9:00 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	6:00 PM	Introductions and March In	6:20 PM	Competition	6:25 PM - 9:00 PM
General Stretch	3:00 PM												
Introductions and March In	3:20 PM												
Competition	3:25 PM - 5:15 PM												
General Stretch	6:00 PM												
Introductions and March In	6:20 PM												
Competition	6:25 PM - 9:00 PM												

Saturday, March 13, 2021

<p style="text-align: center;">Session SA1 - Modified Capitol Cup Levels 7 & 8</p> <p>Boundless Gymnastics, EVO Gymnastics, FGTC, Gold Coast, Gulf Coast, Gym Force, Gymnastics USA, Harbor City, LaFleur's Tampa, North Florida - Jax, North Florida - OP, Nova Fla, Oldsmar, Orlando Metro, Panhandle Perfection, Park Avenue, Southern Starz, Sun Country, TumbleBees Jupiter</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">8:00 AM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">8:20 AM</td></tr> <tr><td>Competition</td><td style="text-align: right;">8:25 AM - 10:50 AM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	8:00 AM	Introductions and March In	8:20 AM	Competition	8:25 AM - 10:50 AM	<p style="text-align: center;">Session SA2 - Modified Capitol Cup Level 9</p> <p>EVO Gymnastics, FGTC, Florida Flips, Gallagher's, Gold Coast, Gulf Coast, Gymnastics USA, LaFleur's Tampa, Park Avenue, Sun Country, TNT, Trousdell, TumbleBees Jupiter</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">11:30 AM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">11:50 AM</td></tr> <tr><td>Competition</td><td style="text-align: right;">11:55 AM - 1:30 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	11:30 AM	Introductions and March In	11:50 AM	Competition	11:55 AM - 1:30 PM		
General Stretch	8:00 AM														
Introductions and March In	8:20 AM														
Competition	8:25 AM - 10:50 AM														
General Stretch	11:30 AM														
Introductions and March In	11:50 AM														
Competition	11:55 AM - 1:30 PM														
<p style="text-align: center;">Session SA3 - Modified Capitol Cup Level 10</p> <p>ACE FL, EGA Florida, EVO Gymnastics, FGTC, Gulf Coast, Gym Force, Gymnastics USA, LaFleur's Tampa, North Florida - Jax, North Florida - OP, Nova Fla, Sun Country, TGR, Trousdell, TumbleBees Jupiter</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">Annual State Awards Ceremony</td><td style="text-align: right;">2:15 PM</td></tr> <tr><td>General Stretch</td><td style="text-align: right;">3:00 PM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">3:20 PM</td></tr> <tr><td>Competition</td><td style="text-align: right;">3:25 PM - 5:45 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	Annual State Awards Ceremony	2:15 PM	General Stretch	3:00 PM	Introductions and March In	3:20 PM	Competition	3:25 PM - 5:45 PM	<p style="text-align: center;">Session SA4 - Modified Capitol Cup Junior Developmental</p> <p>ACE FL, Bayside, EGA Florida, EVO Gymnastics, FGTC, Gallagher's, Gym Force, Harbor City, LaFleur's Tampa, North Florida - Jax, North Florida - OP, Orlando Metro, Panhandle Perfection, TGR, Trousdell</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">6:30 PM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">6:50 PM</td></tr> <tr><td>Competition</td><td style="text-align: right;">6:55 PM - 8:30 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	6:30 PM	Introductions and March In	6:50 PM	Competition	6:55 PM - 8:30 PM
Annual State Awards Ceremony	2:15 PM														
General Stretch	3:00 PM														
Introductions and March In	3:20 PM														
Competition	3:25 PM - 5:45 PM														
General Stretch	6:30 PM														
Introductions and March In	6:50 PM														
Competition	6:55 PM - 8:30 PM														

Sunday, March 14, 2021 (Start of Daylight Savings Time!)

<p style="text-align: center;">Session SU1 - Modified Capitol Cup Level 4 Div 1 & 2</p> <p>Boundless Gymnastics, EVO Gymnastics, FGTC, Golden City, Gulf Coast, Gym Force, IGG, Naples Progressive, Panhandle Perfection, South Miami, Trousdell, Universal Gym Acad</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">8:00 AM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">8:20 AM</td></tr> <tr><td>Competition</td><td style="text-align: right;">8:25 AM - 10:00 AM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	8:00 AM	Introductions and March In	8:20 AM	Competition	8:25 AM - 10:00 AM	<p style="text-align: center;">Session SU2 - Modified Capitol Cup Level 4 Div 1 & 2</p> <p>Florida Flips, Gold Coast, Harbor City, LaFleur's Tampa, Miracle Gymnastics, Nova Fla, Park Avenue, TGR, TumbleBees Jupiter</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">10:45 AM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">11:05 AM</td></tr> <tr><td>Competition</td><td style="text-align: right;">11:20 AM - 12:45 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	10:45 AM	Introductions and March In	11:05 AM	Competition	11:20 AM - 12:45 PM
General Stretch	8:00 AM												
Introductions and March In	8:20 AM												
Competition	8:25 AM - 10:00 AM												
General Stretch	10:45 AM												
Introductions and March In	11:05 AM												
Competition	11:20 AM - 12:45 PM												
<p style="text-align: center;">Session SU3 - Modified Capitol Cup Level 4 Div 1 & 2</p> <p>ACE FL, Angel's Gymnastics, Bayside, Gymnastics USA, North Florida - Jax, Orlando Metro, Sun Country, TNT</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">General Stretch</td><td style="text-align: right;">1:30 PM</td></tr> <tr><td>Introductions and March In</td><td style="text-align: right;">1:50 PM</td></tr> <tr><td>Competition</td><td style="text-align: right;">1:55 PM - 3:30 PM</td></tr> </table> <p style="text-align: center;">Individual and Team Awards to follow.</p>	General Stretch	1:30 PM	Introductions and March In	1:50 PM	Competition	1:55 PM - 3:30 PM	<p style="text-align: center;">Regional Qualifiers must commit and sign up for Regional Championships within one hour of their Awards Ceremonies at the Registration Desk.</p> <p style="text-align: center;">Regional Registration to be handled by the coaching staff, or Gym Representative. Regional Entry Fees to be paid with a single Business Check, payable to Florida USAG Men's Program.</p> <p style="text-align: center;">Level 5 Regional Qualifiers will be determined after the last Level 5 Session.</p>						
General Stretch	1:30 PM												
Introductions and March In	1:50 PM												
Competition	1:55 PM - 3:30 PM												