

# 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.) \$10.00 per day, \$15.00 Weekend

**Pre-paid Tickets are available at [www.EventBrite.com](http://www.EventBrite.com). A \$5.00 Service Fee per ticket will be charged.**

#### Friday, March 12, 2021

<b>Session FR1 - Modified Capitol Cup</b> <b>Technical Sequences</b>	<b>Session FR2 - Modified Capitol Cup</b> <b>Level 5 Div 1 &amp; 2 Athletes</b> <span style="color: red;"><u>7 - 8 and 11+ Y.O. Age Divisions</u></span>
ACE FL, EVO Gymnastics, FGTC, Gold Coast, Gym Force, Gymnastics USA, LaFleur's Tampa, North Florida - Jax, North Florida - OP, Orlando Metro, Sun Country, Trousdell	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
General Stretch 9:00 AM	General Stretch 12:00 PM
Introductions and March In 9:20 AM	Introductions and March In 12:20 PM
Competition 9:25 AM - 11:30 AM	Competition 12:25 PM - 2:15 PM
No Awards Ceremony	Individual Awards to follow.

  

<b>Session FR3 - Modified Capitol Cup</b> <b>Level 5 Div 1 &amp; 2 Athletes</b> <span style="color: red;"><u>9 - 10 Y.O. Age Division</u></span>	<b>Session FR4 - Modified Capitol Cup</b> <b>Level 6 Athletes</b>
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	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
General Stretch 3:00 PM	General Stretch 6:00 PM
Introductions and March In 3:20 PM	Introductions and March In 6:20 PM
Competition 3:25 PM - 5:15 PM	Competition 6:25 PM - 9:00 PM
Individual and Team Awards to follow.	Individual and Team Awards to follow.

#### Saturday, March 13, 2021

<b>Session SA1 - Modified Capitol Cup</b> <b>Levels 7 &amp; 8</b>	<b>Session SA2 - Modified Capitol Cup</b> <b>Level 9</b>
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	EVO Gymnastics, FGTC, Florida Flips, Gallagher's, Gold Coast, Gulf Coast, Gymnastics USA, LaFleur's Tampa, Park Avenue, Sun Country, TNT, Trousdell, TumbleBees Jupiter
General Stretch 8:00 AM	General Stretch 11:30 AM
Introductions and March In 8:20 AM	Introductions and March In 11:50 AM
Competition 8:25 AM - 10:50 AM	Competition 11:55 AM - 1:30 PM
Individual and Team Awards to follow.	Individual and Team Awards to follow.

  

<b>Session SA3 - Modified Capitol Cup</b> <b>Level 10</b>	<b>Session SA4 - Modified Capitol Cup</b> <b>Junior Developmental</b>
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	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
Annual State Awards Ceremony 2:15 PM	General Stretch 6:30 PM
General Stretch 3:00 PM	Introductions and March In 6:50 PM
Introductions and March In 3:20 PM	Competition 6:55 PM - 8:30 PM
Competition 3:25 PM - 5:45 PM	Individual and Team Awards to follow.
Individual and Team Awards to follow.	

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

<b>Session SU1 - Modified Capitol Cup</b> <b>Level 4 Div 1 &amp; 2</b>	<b>Session SU2 - Modified Capitol Cup</b> <b>Level 4 Div 1 &amp; 2</b>
Boundless Gymnastics, EVO Gymnastics, FGTC, Golden City, Gulf Coast, Gym Force, IGG, Naples Progressive, Panhandle Perfection, South Miami, Trousdell, Universal Gym Acad	Florida Flips, Gold Coast, Harbor City, LaFleur's Tampa, Miracle Gymnastics, Nova Fla, Park Avenue, TGR, TumbleBees Jupiter
General Stretch 8:00 AM	General Stretch 10:45 AM
Introductions and March In 8:20 AM	Introductions and March In 11:05 AM
Competition 8:25 AM - 10:00 AM	Competition 11:20 AM - 12:45 PM
Individual and Team Awards to follow.	Individual and Team Awards to follow.

  

<b>Session SU3 - Modified Capitol Cup</b> <b>Level 4 Div 1 &amp; 2</b>	<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>
ACE FL, Angel's Gymnastics, Bayside, Gymnastics USA, North Florida - Jax, Orlando Metro, Sun Country, TNT	
General Stretch 1:30 PM	
Introductions and March In 1:50 PM	
Competition 1:55 PM - 3:30 PM	
Individual and Team Awards to follow.	