

# 2024 USA Gymnastics Men's State Championships Legacy Park Multipurpose Center Alachua, FL

[www.meetmagic.net/flstate2024](http://www.meetmagic.net/flstate2024)

## Competition Schedule

**ADMISSION AT THE DOOR IS CASH ONLY!**

Adults (12+ yrs.) - \$25.00 per day, \$40.00 Weekend Children (4 - 11 yrs.) \$15.00 per day, \$25.00 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 8, 2024

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| <b>Session FR1 - Modified Capitol Cup</b><br>Technical Sequences<br>ACE, EVO, Gymnastics USA, Nova, Orlando Metro, Sun Country, World Class<br>General Stretch 8:00 AM<br>Introductions and March In 8:20 AM<br>Competition 8:25 AM - 10:45 AM<br>No Awards Ceremony  |  | <b>Session FR2 - Modified Capitol Cup</b><br>Level 4 Division 2, Bronze, Silver and Gold Athletes<br>ABGA, ACE, Acrobatic Division, Coastal Dreams, EGA, EVO, Florida Flips, Gold Coast, Golden City, Gulf Coast Elite, Gymnastics Du Sol, Park Avenue, TNT, Trousdell, TumbleBees, World Class<br>ANNUAL STATE MEETING HELD AT THE CONCLUSION OF THIS SESSION.<br>General Stretch 11:00 AM<br>Introductions and March In 11:20 AM<br>Competition 11:25 AM - 1:15 PM<br>Individual and Team Awards to follow. |  |
| <b>Session FR3 - Modified Capitol Cup</b><br>Level 4 Division 1 Athletes<br>ABGA, ACE, Balance Gymnastics, EGA, EVO, FGTC, Florida Flips, Gold Coast, Gulf Coast Elite, Gymnastics USA, LaFleur's Tampa, MGA Gymnastics, Naples Progressive, Nova, NTS, Orlando Gymnastics, Park Avenue, Sun Country, TGR, World Class<br>General Stretch 2:00 PM<br>Introductions and March In 2:20 PM<br>Competition 2:25 PM - 4:45 PM<br>Individual and Team Awards to follow. |  | <b>Session FR4 - Modified Capitol Cup</b><br>Level 5 Division 1 & 2, Platinum Athletes<br>ACE, Coastal Dreams, EGA, EVO, Florida Flips, Gold Coast, Gulf Coast Elite, Gym Force, Gymnastics USA, LaFleur's Tampa, Nova, NTS, Orlando Metro, Park Avenue, South Miami, Sun Country, TGR, TNT, Trousdell, Tumblebees, World Class<br>General Stretch 5:00 PM<br>Introductions and March In 5:20 PM<br>Competition 5:25 PM - 8:30 PM<br>Individual and Team Awards to follow.                                    |  |

### Saturday, March 9, 2024

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| <b>Session SA1 - Modified Capitol Cup</b><br>Levels 6 & 7<br>ABGA, ACE, Coastal Dreams, EVO, Florida Flips, Gold Coast, Golden City, Gulf Coast Elite, Gymnastics USA, LaFleur's Tampa, Nova, Orlando Gymnastics, Orlando Metro, Panhandle Perfection, Park Avenue, South Miami, Sun Country, TGR, Tumblebees, World Class<br>General Stretch 8:00 AM<br>Introductions and March In 8:20 AM<br>Competition 8:25 AM - 11:15 AM<br>Individual and Team Awards to follow. |  | <b>Session SA2 - Modified Capitol Cup</b><br>Level 10 and Annual Awards Ceremony<br>ACE, Coastal Dreams, EGA, EVO, Gold Coast, Gym Force, Gymnastics USA, Nova, NTS, Orlando Gymnastics, Panhandle Perfection, Park Avenue, Southern Starz, Sun Country, TGR, TNT, Trousdell, Tumblebees, World Class Athletic, World Class<br>Annual State Awards Ceremony 11:30 AM<br>General Stretch 12:15 PM (Or, at End of Ceremonies)<br>Introductions and March In 12:30 PM<br>Competition 12:35 PM - 3:45 PM<br>Individual and Team Awards to follow. |  |
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| <b>Session SA3 - Modified Capitol Cup</b><br>Levels 8 & 9<br>ACE, Bayside, Coastal, EGA, EVO, Florida Flips, Golden City, Gulf Coast Elite, Gym Force, Gymnastics USA, LaFleur's Tampa, Naples Progressive, Nova, NTS, Orlando Metro, Panhandle Perfection, Park Avenue, Sun Country, TGR, Trousdell, Tumblebees, World Class Athletic, World Class<br>General Stretch 4:00 PM<br>Introductions and March In 4:20 PM<br>Competition 4:25 PM - 8:00 PM<br>Individual and Team Awards to follow. |  |
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### Sunday, March 10, 2024 (Start of Daylight Savings Time!)

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| <b>Session SU1 - Modified Capitol Cup</b><br>Level 3 Division 2 & HUGS<br>ABGA, ACE, Balance 180, Coastal Dreams, EVO, Gold Coast, Golden City, Gym Force, Orlando Gymnastics, Orlando Metro, South Miami, TGR, TNT, Trousdell, Tumblebees<br>General Stretch 9:00 AM<br>Introductions and March In 9:20 AM<br>Competition 9:25 AM - 11:30 AM<br>Individual and Team Awards to follow. |  | <b>Session SU2 - Modified Capitol Cup</b><br>Level 3 Division 1<br>ACE, EGA, EVO, FGTC, Florida Flips, Gulf Coast Elite, Gymnastics USA, Naples Progressive, Nova, Orlando Gymnastics, Orlando Metro, Sun Country, TGR, TNT, World Class<br>General Stretch 11:30 AM<br>Introductions and March In 11:50 AM<br>Competition 11:55 AM - 2:30 PM<br>Individual and Team Awards to follow. |  |
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