



**Capital Stars
Holidays Invitational December 20-22, 2019
Tentative Schedule**

Friday 12/20 – 2 pm – 9:15 pm (62 athletes)

Session 1. Level 4 ChA 2013, ChB 2011, ChC 2010 – 16 (CAP, INS, ISA, PHR, ASCA)

1:00 pm - Gym open
2:00 – 3:35 pm - Competitions

Arrival time 1:00PM

Ela, Lily

Session 2. Level 4 ChB 2012 (Floor and Rope) – 18 (ISA, PHR, CAP, ASCA, BALA)

2:30 pm - Gym open
3:35 – 5:40 pm - Competitions

Arrival 1:35PM

Polina, Isabella K
Isabella V, Abby
Misa

Session 3. Level 3 All Ages, 2014 Exhibitions – 10 (ASCA, BALA, CAP, PHR, ISA)

3:45 pm - Gym open
4:45* – 6:20 pm – Competitions
*Level 3 starts with Ball routine merging into Session 2 Ball rotation, then continues with Floor & Hoop.

Arrival time 3:00PM

Liza Z., Masha

Judges Dinner 6:20-6:50 pm

Session 4. Level 5 ChB 2011 – 18 (ISA, PHR, BALA, GYW, CAP, ASCA)

4:30 pm - Gym open
6:00 – 9:15 pm - Competitions

Arrival time 4:00PM

Anna, Olivia
Alina

Saturday 12/21 - 8 am – 10 pm (83 athletes)

Session 5. Level 5 ChB 2012, ChC 2009, JrA 2008/07 – 10 (ELE, ISA, PHR)

7:30 am - Gym open
8:00 – 9:20 am - Competitions

Arrival time 7:30AM

Liana

Session 6. Level 5 ChC 2010 – 11 (PHR, ISA, GYW, ASCA, CAP)

8:15 am - Gym open
9:20 – 10:55 am - Competitions

Arrival time 7:30 AM

Abbie, Naomi
Lauren

Session 7. Level 6 ChC 2010 -15 (ISA, PHR, ASCA, INS, BALA, GYW)

9:30 am - Gym open
10:55 am – 1:20 pm - Competitions

Arrival time 9:00AM

Aydan

Saturday 12/21 - 8 am - 10 pm (continues)

Judges Lunch 1:20 - 1:50 pm

Session 8. Level 6 ChC 2009 -12 (CAP, ISA, PHR, INS, ELE, DYN, GYW)

HANNAH

12:30 pm - Gym open

1:50 pm - 3:45 pm - Competitions

Arrival time 12:00 PM

Session 9. Level 6 ChB 2011, JrA 2008/2007 - 12 (ISA, CAP, ELE, GYW)

2:15 pm - Gym open

3:45 pm - 5:40 pm - Competitions

Session 10. Level 7 ChC 2010, ChC 2009, JrB 2006/05/04 - 14 (GYW, DYN, PHR, ASCA, INS, ISA, CAP)

Stephanie

4:00 pm - Gym open

5:40 pm - 7:55 pm - Competitions

Arrival time 3:40 PM

Judges Dinner 7:55-8:25 pm

Session 11. Level 9 Hopes 2008/07 - 9 (ISA, ELE, PHR)

Mila

7:00 pm - Gym open

8:25 pm - 10:00 pm - Competitions

Arrival time 6:30 PM

Sunday 12/22 - 8 am - 10 pm (81 athlete)

Session 12. Level 7 JrA 2008/07 - 15 (PHR, GYW, ASCA, ISA, DYN, INS, ELE)

Erica, Kamika
Sophie, Haylee

7:30 am - Gym open

8:00 am - 10:25 am - Competitions

Arrival time 7:30 AM

Session 13. Level 8 ChC 2009, JrA 2008 - 13 (ISA, ELE, INS, GYW, PHR)

Katrina

9:30 am - Gym open

10:25 am - 12:35 pm - Competitions

Arrival time 8:25 AM

Session 14. Level 8 JrA 2007, JrB 2006/05/04 - 12 (CAP, PHR, GYW, ISA, INS, ELE)

MAYA

11:00 am - Gym open

12:35 pm - 2:30 pm - Competitions

Arrival time 10:35 AM

Judges Lunch 2:30-3:00 pm

Session 15. Level 9 Jr 2006, Jr 2004 - 14 (ISA, BALA, ELE, GYW, INS, MSG)

1:30 pm - Gym open

3:00 pm - 5:20 pm - Competitions

Sunday 12/22 – 8 am – 10 pm (continues)

Session 16. Level 9 Jr 2005, Level 10 Jr 2005/2006 -13 (ELE, PHR, ISA, MSG)

3:30 pm - Gym open

5:20 pm – 7:20 pm - Competitions

Arrival time 3:20PM

Judges Dinner 7:20 – 7:50 pm

Session 17. Level 9&10 Sr 2003-up, Level 10 2004 – 14 (ISA, PRG, MSG, ELE, PHR, BALA, CAP)

6:00 pm - Gym open

7:50 pm – 10:00 pm - Competitions

Arrival time 5:50PM

END OF THE EVENT

Awards ceremonies after each session.

Audience admission fee:

Adult - \$12 one-day, \$20 two-days

Child - \$8 one-day, \$15 two-days

Children under 5 y.o. – free

James Glader, well-known LA based Rhythmic Gymnastics photographer/videographer, is the official photographer of the event. Which means parents may take pictures of **THEIR DAUGHTERS ONLY**, but nobody else.