



2017 City of Lights Invitational

Final Schedule

This is the final schedule for the 2017 City of Lights Invitational/Elite Qualifier. Please check the web site (www.egoboosters.org) prior to leaving for Orlando for the final session start times. Requests to change sessions at this point cannot be honored. We will have 2 gyms running simultaneously on Friday and Saturday. Individual awards follow each Junior Olympic session.

Please check session start times prior to leaving for Orlando

Friday, February 24, 2017

Gym A - Modified Capital Cup

Session 1 – Women’s Level 8

8:00 AM: General Stretch
 8:20 AM: Timed Warm/Competition
 11:30 AM: Awards

Participating Gyms:

5280	KPAC
AGA	Parkettes
First in Flight	Universal
Gliders	World Class
Jersey Shore	

Session 2 – Women’s Level 8

11:30 AM: General Stretch
 11:50 AM: Timed Warm/Competition
 3:00 PM: Awards

Participating Gyms:

AIM	Galaxy
Aiken	Gymnastics Etc.
Crystal Lake	Orlando Metro
EVO	Paramount
First State	Premier

Session 3 – Women’s Level 8

3:00 PM: General Stretch
 3:20 PM: Timed Warm/Competition
 6:30 PM: Awards

Participating Gyms:

All Stars
 Brestyan’s
 Buckeye
 Gold Medal
 Infiniti Elite
 Midwest Twisters
 Solid Rock
 WOGA
 West Valley

Level 8 Team Awards

Session 4 – Women’s Level 9

6:30 PM: General Stretch
 6:50 PM: Timed Warm/Competition
 10:00 PM: Awards

Participating Gyms:

5280	Midwest Twisters
Bay City	North FL
First State	Paramount
Hill’s	WOGA
Jersey Shore	World Class
KPAC	

Gym B - Modified Capital Cup

Session 1-Women’s Level 7/ Platinum

8:00 AM: General Stretch
 8:20 AM: Timed Warm/Competition
 11:30 AM: Awards

Participating Gyms:

AIM	MGA
All Stars	North FL
Bay City	Orlando Metro
Crystal Lake	Paramount
EVO	Premier
Galaxy	Universal

Session 2 – Women’s Level 7

11:30 AM: General Stretch
 11:50 AM: Timed Warm/Competition
 2:45 PM: Awards

Participating Gyms:

5280	KPAC
AGA	Midwest Twisters
First in Flight	Parkettes
Gliders	WOGA
Intensity	West Valley
Jersey Shore	World Class

Level 7 Team Awards

Session 3 – Women’s Level 6

2:45 PM: General Stretch
 3:05 PM: Timed Warm/Competition
 6:45 PM: Awards

Participating Gyms:

5280	Gymnastics Etc.
AGA	Jersey Shore
Aiken	KPAC
Bay City	MGA
EVO	Paramount
First in Flight	Premier
Galaxy	World Class
Gliders	

Level 6 Team Awards

Session 4- Women’s Level 4/5/XS/XG

6:45 PM: General Stretch
 7:00 PM: Timed Warm/Competition
 10:00 PM: Awards

Participating Gyms:

AGA	Premier
Aiken	Universal
First in Flight	World Class
Gymnastics Etc.	

Level 4/5/XS/XG Team Awards



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Saturday, February 25, 2017

Gym A-Modified Capital Cup

Session 5 – Women’s Level 9

8:00 AM: General Stretch
 8:20 AM: Timed Warm/Competition
 11:00 AM: Awards

Participating Gyms:

AIM
 All Stars
 Brestyan’s
 Crystal Lake
 First in Flight
 Gold Medal
 Infiniti Elite
 Parkettes

Session 6 – Women’s Level 9

11:15 AM: General Stretch
 11:35 AM: Timed Warm/Competition
 2:00 PM: Awards

Participating Gyms:

AGA	North FL
Buckeye	Orlando Metro
EVO	Solid Rock
Gliders	Universal
Intensity	World Class

Level 9 Team Awards

Session 7– Women’s Level 10

2:30 PM: General Stretch
 2:50 PM: Timed Warm/Competition
 6:15 PM: Awards

Participating Gyms:

1 st Class	First in Flight
5280	First State
AGA	Gymnastics Etc.
Aiken	Infiniti Elite
Brestyan’s	Intensity
Buckeye	KPAC
Crystal Lake	WOGA (9)
EVO	

Session 8–Women’s Level 10

6:15 PM: General Stretch
 6:35 PM: Timed Warm/Competition
 10:00 PM Awards

Participating Gyms:

AIM	Orlando Metro
All Stars	Paramount
Galaxy	Universal
Gliders	WOGA (15)
Gold Medal	West Valley
	World Class

Level 10 Team Awards

Gym B-Modified Capital Cup

Session 5 – Women’s Level 2/3/XB

8:00 AM: General Stretch
 8:15 AM: Timed Warm/Competition
 9:45 AM: Awards

Participating Gyms:

First in Flight
 Premier
 Universal
 World Class

Level 2, 3 & XB Team Awards

Session 6 – Elite Compulsory Testing

Modified Traditional Format

11:00 AM: General Stretch
 11:30 AM: Timed Warm/Competition
 2:30 PM: Competition ends

Participating Gyms:

1 st Class	Gymnastix
5280	Hopes & Dreams
All Stars	Iowa Gym-Nest
American Twisters	KPAC
Brestyan’s	Midwest Twisters
Capital	Prattville YMCA
Everest	Rebound
First in Flight	Stars
First State	Tigar
Golden State	WOGA

Session 7– Elite Compulsory Testing

Modified Traditional Format

2:30 PM: General Stretch
 3:00 PM: Timed Warm/Competition
 6:15 PM: Competition ends

Participating Gyms:

AIM	River City
Golden City	Texas East
Hill’s	United Elite
Midwest – MN	Universal
Orlando Metro	West Valley
Paramount	World Champions
Parkettes	World Class
	Xtreme





2017 City of Lights Invitational Final Schedule

Sunday, February 26, 2017

Gym A –Traditional

Session 9 – Elite Optional

8:00 AM: General Stretch
8:30 AM: Timed Warm/Competition
12:00 PM: Awards

Participating Gyms:

1 st Class	Georgia Elite
AIM	Gym America
All Stars	Gymnastix
American Twisters	KPAC
Brestyan's	Paragon
Buckeye	Parkettes
Capital	River City
Emeth	Solid Rock
Everest	Top Notch

Session 10 – Elite Optional

12:15 PM: General Stretch
12:45 PM: Timed Warm/Competition
4:15 PM: Awards

Participating Gyms:

5280	Paramount
Brestyan's (2)	Stars
Excalibur	Texas East
First in Flight	United Elite
Golden State	Universal
Gymnastics East	WOGA
Midwest	World Class
Midwest Twisters	

Session 11 – Elite Optional

4:30 PM: General Stretch
4:30 PM: Timed Warm/Competition
7:00 PM: Awards

Participating Gyms:

Coastal Point
EVO
First State
Genie's
Golden City
Gymnastics Etc.
Hill's
Hopes & Dreams
Infiniti Elite
Iowa Gym Nest
Orlando Metro
Prattville YMCA
Rebound
Tigar
West Valley
World Champions
Xtreme

