



MD State Championships&Capital Rhythmics Invitational - 2024

Hosted by Capital Rhythmics Team, Maryland

Dates: March 22-24, 2024

Competition Site:

Kate Fitzgerald Center
14129 Seneca Road,
Darnestown, MD 20874

FIG Size Competition Carpet
FIG SizeX2 Warm up Carpet
Ceiling height 27 fit

Entry Fees CAP Invitational:

Xcel Bronze/Silver - \$25 per gymnast per routine
Xcel Gold/Diamond/Platinum - \$35 per gymnast per routine
Lvl 3/4 - \$100
Lvl 5 – \$140
Lvl 6/7/8 - \$160
Lvl – 9/10 – \$180

Deadline: Feb 1, 2024

D-forms for lvl 6-10: MUST be received by March 15, 2024; \$30 late fee per form after 03/15/24

Recommended Hotel:

Hampton Inn&Suites Washington DC North/Gaithersburg
<https://www.reservationcounter.com/hotels/show/5f827fa/hampton-inn-suites-washington-dc-north-gaithersburg-gaithersburg-md>
(Approximately 7 miles – 16 min drive - to the competition site).

*additional accommodation info will be sent out shortly