

2026 Sportsplex Team Classic



Friday, January 23, 2026

Session 1

1A Level 3 Women	Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-10:15a	Competition
		10:30a	Individual Awards/Team
1B Level 3 Women	Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-10:15a	Competition
		10:30a	Individual Awards/Team

Session 2

2A Xcel Bronze Women	Modified Capital Cup	10:15-10:45a	Registration
		10:45-11:15a	Stretch & Present
		11:15-1:30p	Competition
		1:15p	Individual Awards/Team
2B Xcel Bronze Women	Modified Capital Cup	10:15-10:45a	Registration
		10:45-11:15a	Stretch & Present
		11:15-1:30p	Competition
		1:15p	Individuals Awards/Team

Session 3

3A Women's Level 4	Warm up/Compete	12:45-1:15p	Registration
		1:15-1:45p	Stretch & Present
		1:45-4:45p	Competition
		5:00p	Individual Awards/Team
3B Silver & Level 3-6 Men	Warm up/Compete	12:45-1:15p	Registration
		1:15-1:45p	Stretch & Present
		1:45-5:00p	Competition
		5:15p	Individual Awards/Team

Session 4

4A Women Level 2 & 5	Warm up/Compete	4:30-5:00p	Registration
		5:00-5:30p	Stretch & Present
		5:30-7:00p	Competition
		7:15p	Individual Awards/Team
4B Level 7-10 & Platinum Men	Warm up/Compete	5:00-5:30p	Registration
		5:30-6:00p	Stretch & Present
		6:00-8:30p	Competition
		8:45p	Individual Awards/Team

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Saturday, January 24, 2026

Session 5

5A Level 7-10, Diamond & Sapphire Women	Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-11:00a	Competition
		11:15a	Individual Awards/Team
5B Level 7-10 Diamond, & Sapphire Women	Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-11:00a	Competition
		11:15a	Individual Awards/Team

Session 6

6A Xcel Silver & Bronze Women	Modified Capital Cup LoCo Gymnastics DPR Xcel	11:00-11:30a	Registration
		11:30-12:00p	Stretch & Present
		12:00-2:00p	Competition
		2:15p	Individual Awards/Team
6B Xcel Silver Women	Modified Capital Cup	11:00-11:30a	Registration
		11:30-12:00p	Stretch & Present
		12:00-2:00p	Competition
		2:15p	Individual Awards/Team

Session 7

3A Xcel Gold	Modified Capital Cup	2:00p-2:30p	Registration
		2:30-3:00p	Stretch & Present
		3:00-5:00p	Competition
		5:15p	Individual Awards/Team
3B Xcel Gold	Modified Capital Cup	2:00p-2:30p	Registration
		2:30-3:00p	Stretch & Present
		3:00-5:00p	Competition
		5:15p	Individual Awards/Team

Session 8

4A Level 6 Women	Modified Capital Cup	4:45-5:15p	Registration
		5:15-5:45p	Stretch & Present
		5:45-8:15p	Competition
		8:30p	Individual Awards/Team
4B Xcel Platinum	Modified Capital Cup	4:45-5:15p	Registration
		5:15-5:45p	Stretch & Present
		5:45-8:15p	Competition
		8:30p	Individual Awards/Team