



Houston Gymnastics Academy Invitational



January 20-22, 2023



FRIDAY, JANUARY 20th

Session 1-Modified Capital Cup

(32) Level 7

5:30pm Stretch
5:50pm Introductions
5:55pm Competition
8:30pm Awards

SATURDAY, JANUARY 21st

Session 2-Modified Capital Cup

(73) Level 6 & Level 8

7:30am Stretch
7:50am Introductions
7:55am Competition
10:35am Awards

Session 3-Modified Traditional

(50) Level 9

11:15am Stretch
11:35am Introductions
11:40am Competition
2:35pm Awards

Session 4-Modified Capital Cup

(57) Level 10: 16yrs, 17yrs, 18+yrs

3:05pm Stretch
3:25pm Introductions
3:30pm Competition
6:10pm Awards

Session 5-Traditional w/One Touch

(25) Senior Elite & Level 10

(National Team & ETC Team Athletes)

6:15pm Stretch
6:45pm Open Warm-ups
7:45pm Announcements
7:55pm Competition
10:00pm Awards

SUNDAY, JANUARY 22nd

Session 6-Modified Traditional

(75) Level 5: 9-10yrs, 11yrs, 12yrs, D2

8:00am Stretch
8:20am Introductions
8:25am Competition
12:00pm Awards

Session 7-Modified Traditional

(75) Level 4 & Level 5: 13+yrs

1:00pm Stretch
1:20pm Introductions
1:25pm Competition
5:00pm Awards

Session 8-Modified Traditional

(64) Level 3: 6-7yrs, 8yrs, 9yrs, 10+yrs, D2

6:00pm Stretch
6:20pm Introductions
6:25pm Competition
9:30pm Awards

LOCATION

**Houston Gymnastics Academy
5201 Gulfton
Houston, TX 77081**

ADMISSIONS

Single Session

**Adults: \$25
Children 3+: \$15
Seniors 67+: \$15**

Weekend Pass

**Adults: \$55
Children 3+: \$35
Seniors 67+ \$35**