

2025 City of Lights Schedule

GYM A– Modified Capital Cup

Friday, March 7, 2025

Session 1 – Women’s Level 6

8:00 AM: General Stretch
8:15 AM: Timed Warmup/Competition
11:45 AM: Awards

Participating Gyms:

360	Peak Elite
Balance	Precision
Bay Area	Prestige
Coastal Point	Saultos
International	TNT
Maximum Velocity	United Sports
Orlando Metro (19)	WGV
Park Avenue	

Session 2 – Women’s Level 6

11:45 AM: General Stretch
12:00 PM: Timed Warmup/Competition
3:15 PM: Awards

Participating Gyms:

Christi’s	North Port
Coast Elite	Orlando Metro (14)
Epic	SportsRock
Gulf Coast Elite	TAG USA
Midwest	Western Edge
North Florida	

Level 6 Team Awards

Session 3 – Women’s Level 7

3:15 PM: General Stretch
3:30 PM: Timed Warmup/Competition
6:30 PM: Awards

Participating Gyms:

Balance	North Florida
Christi’s	North Port
Epic	Orlando Metro
International	Park Avenue
Maximum Velocity	Peak Elite
Midwest	WGV

Session 4 – Women’s Level 7/8

6:30 PM: General Stretch
6:45 PM: Timed Warmup/Competition
10:00 PM: Awards

Participating Gyms:

Coast Elite (L7&8)	Saultos (L7)
Coastal Point (L7&8)	TAG USA(L7&8)
Gulf Coast Elite (L7&8)	TNT (L7&8)
JLF Elite (L7&8)	United Sports(L7&8)
Precision (L8)	Western Edge(L7&8)
Prestige (L7&8)	

Level 7 Team Awards

Saturday, March 8, 2025

Session 5 – Women’s Level 8

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

360	North Port
AJS Pancott	Orlando Metro
Epic	Park Avenue
Flyaways	Peak Elite
International	WGV
Midwest	

Level 8 Team Awards

Session 6 – Women’s Level 9

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

Participating Gyms:

AJS Pancott	Park Avenue
Energym	Roswell
International	TAG USA
North Florida	TNT
Orlando Metro	United Sports

Session 7 – Women’s Level 9/XSA

2:30 PM: General Stretch
2:45 PM: Timed Warmup/Competition
5:30 PM: Awards

Participating Gyms:

Champion (L9)	Midwest
Christi’s (L9)	Omaha (L9)
Coast Elite (L9)	North Port (L9)
Epic (L9 & XSA)	Peak Elite (L9)
Fairland (L9)	Prestige (L9&XSA)
Flyaways (L9)	Roswell (L9)
Gulf Coast Elite (L9)	Western Edge (L9)
JLF Elite (L9)	WGV (L9 & XSA)

Level 9 Team Awards

Session 8 – Women’s Level 10

5:30 PM: General Stretch
5:45 PM: Timed Warmup/Competition
9:45 PM: Awards

Participating Gyms:

AJS Pancott	Orlando Metro
Christi’s	Park Avenue
Coast Elite	Peal Elite
Coastal Point	Precision
Energym	Roswell
Epic	TNT
Flyaways	United Sports
Gulf Coast Elite	WGV
International	
Midwest	

Level 10 Team Awards

Sunday, March 9, 2025

Session 9 – Women’s XP

8:00 AM: General Stretch
8:15 AM: Timed Warmup/Competition
11:30 AM: Awards

Participating Gyms:

Bay Area	Park Avenue
Champion	Scamps
Christi’s	SportsRock
Flight	TAG USA
Legends	TNG
North Florida	TNT
Orlando Metro	United Sports

Session 10 – Women’s XP/XD

11:45 AM: General Stretch
12:00 PM: Timed Warm/Competition
3:30 PM: Awards

Participating Gyms:

Coast Elite (XP & XD)
Epic (XP & XD)
Fairland (XP & XD)
Legends (XD)
North Port (XP & XD)
Peak Elite (XP & XD)
Saultos (XP)
TAG USA (XD)
TBT (XP & XD)
TNT (XD)
United Sports (XD)
WGV (XP & XD)

XCEL Diamond & Platinum Team Awards