

# **APOLLO INVITATIONAL 2017**

**FRIDAY FEBRUARY 3RD, 2017**

## **SESSION 1: XCEL SILVER & LEVEL 4**

10:00 am Registration

10:30 am Open Stretch

11:00 am Competition Begins

2:00pm Awards

*Gyms Attending: Aerial East (XS), Apollo (XS/L4), BEES (XS), BRAG (L4), Capital (XS), East Coast (XS/L4), MEGA (L4), River City (L4), YMCA (L4), Youth Sports (XS/L4)*

*2 Coaches needed: Aerial East, East Coast*

## **SESSION 2: LEVEL 4**

1:30 am Registration

2:00 pm Open Stretch

2:30 pm Competition Begins

5:30 pm Awards

*Gyms Attending: Aerial East, Arl. Aerials, Dynamic, Gym Quest, OTG, VA Tech.*

*2 Coaches Needed: Arl. Aerials, OTG, VA Tech.*

## **SESSION 3: LEVEL 7**

5:00 pm Registration

5:30 pm Open Stretch

6:00 pm Competition Begins

9:00 pm Awards

*Gyms Attending: Aerial East, Apollo, Atlantic Coast, Dynamic, East Coast, Fairfax, Gymstrada, Top Flight, Unique, VA Tech., YMCA, Youth Sports*

*2 Coaches Needed: Gymstrada*

**SATURDAY FEBRUARY 4<sup>TH</sup>, 2017**

**SESSION 4: XCEL PLATINUM & LEVEL 5**

7:30 am Registration

8:00 am Open Stretch

8:30 am Competition Begins

11:15 am Awards

*Gyms Attending: Aerial East (XP/L5), Apollo (XP/L5), Arl. Aerials (XP), East Coast (XP), Fairfax (XP), Gym Quest (L5), OTG (L5), River City (L5), YMCA (L5), Youth Sports (L5)*

*2 Coaches Needed: Aerial East, Arl. Aerials, OTG*

**SESSION 5: XCEL DIAMOND & LEVEL 6**

10:45 am Registration

11:15 am Open Stretch

11:45 pm Competition Begins

2:45 pm Awards

*Gyms Attending: Aerial East (XD/L6), Apollo (XD/L6), Arl. Aerials (XD), Dynamic (L6), East Coast (L6), Fairfax (L6), Gymstrada (L6), Unique (L6), VA Tech. (L6), YMCA (L6)*

*2 Coaches Needed: Aerial East*

**SESSION 6: LEVEL 8/9/10**

2:15 pm Registration

2:45 pm Open Stretch

3:15 pm Competition Begins

6:15 pm Awards

*Gyms Attending: Apollo, Atlantic Coast, Fairfax, Gymstrada, Top Flight, YMCA, Youth Sports*

*3 Coaches Needed: Atlantic Coast*

**SESSION 7: XCEL GOLD**

5:45 pm Registration

6:15 pm Open Stretch

6:45 pm Competition Begins

9:30 pm Awards

*Gyms Attending: Aerial East, Apollo, Arl. Aerials, BEES, Capital, East Coast, MEGA*

*2 Coaches Needed: Arl. Aerials, Capital*

**SUNDAY FEBRUARY 5<sup>TH</sup>, 2017**

**SESSION 8: XCEL BRONZE & LEVEL 3**

7:30 am Registration

8:00 am Open Stretch

8:30 am Competition Begins

11:00 am Awards

*Gyms Attending: Apollo (XB), BEES (XB), Club Flip (L3), Dynamic (L3), East Coast (XB), Fairfax (XB), Gym Quest (L3), MEGA (XB/L3), Youth Sports (L3)*

*2 Coaches Needed: BEES*

*3 Coaches Needed: MEGA*

**SESSION 9: LEVEL 3**

10:30 am Registration

11:00 am Open Stretch

11:30 am Competition Begins

2:00 pm Awards

*Gyms Attending: Aerial East, Apollo, Arl. Aerials, BRAG, East Coast, Fairfax, River City, YMCA*

*2 Coaches Needed: Aerial East, Arl. Aerials*