



The MarVaTeens Parent association
proudly presents,
The 42nd Nation's Capital Cup
March 2&3, 2019

A Women's USAG Invitational Meet
Levels 3 through 10

this meet traditionally fills . . . register early!

Location: Prince George's Sports & Learning Complex
8001 Sheriff Road, Landover, Maryland 20785

Tentative Schedule: Levels 6-10 compete Saturday March 2nd
Levels 3-5 compete Sunday March 3rd

Individual and Team awards after each session
GK gift leotard for every gymnast
Coaches hospitality at meet site

Entry Fees: \$115/gymnast

Team Fees: \$50/level (top 3 scores count)

only full payment guarantees your team spots!

Deadlines: Full payment and roster due by December 1, 2018
no refunds after December 30th (*substitutions only*)

Host Club: MarVaTeens Gymnastics

5636 Randolph Rd., Rockville, MD 20852 (301-468-9181)

meet coordinator: capitalcup@gmail.com

Host Hotel: DoubleTree Inn

9100 Basil Court, Largo, MD 20774 (301-773-0700)

mention the Nation's Capital Cup for special rate!

Please check out: www.marvateens.com for updates

2019 Nation's Capital Cup Registration Form
entry deadline: December 1, 2018

PLEASE PRINT

TEAM: _____ USAG Club #: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Contact email: _____

COACHES NAME	USAG #

Level	# of gymnasts	Team entry? (circle)	amount due/level
3	_____ X \$115	Y + \$50	
4	_____ X \$115	Y + \$50	
5	_____ X \$115	Y + \$50	
6	_____ X \$115	Y + \$50	
7	_____ X \$115	Y + \$50	
8	_____ X \$115	Y + \$50	
9	_____ X \$115	Y + \$50	
10	_____ X \$115	Y + \$50	

Total amount Due: _____

check payable to: **MVTPA**
 and mail to: **Capital Cup, 5636 Randolph Rd, Rockville, MD 20852**

2019 Nation's Capital Cup Roster

PLEASE PRINT

Team: _____

Gymnasts Name	Level	date of birth	USAG#	GK leo size

copy as necessary!