



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  
a gift 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](mailto: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](http://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#

copy as necessary!