

2020 NATION'S CAPITAL CUP

as of: February 26, 2020

Saturday February 29th	Session #1 Level 6's warm-up & stretch 8:00a timed warm-ups: 8:30 competition: 8:45	Session #2 Level 7's warm-up & stretch 11:30a timed warm-ups: 12:00 competition: 12:15	Session #3 Level 8's warm-up & stretch 2:45p timed warm-ups: 3:15 competition: 3:31	Session #4 Level 9/10's warm-up & stretch 6:15p timed warm-ups: 6:45 competition: 7:05
RED VAULT	Metzlers (10)	Metzlers (9)	Sports Fit/Fun (2) All Pro (4)	Sports Fit/Fun (3) L-9's Metzlers (1) L-9 Metzlers (1) L-10
RED BEAM	All Pro (12)	All Pro (11)	Metzlers (7)	Unique (6) L-9's Unique (2) L-10's
RED BARS	Apollo (7)	Cardinal (5) Unique (2) Apollo (1) Island (1)	Unique (5)	Cardinal (3) L-9's Cardinal (2) L-10's
RED FLOOR	Off Limits (7) First State (2)	Off Limits (3) Youngstown (5)	Off Limits (3) Rebounders (3)	Richmond (4) L-9's Richmond (1) L-10
BLUE VAULT	Dynamic (8) Youngstown (2)	Richmond (10)	MarVaTeens (1) Balto County (2) Dynamic (1)	Balto County (3) L-9's Youngstown (1) L-9 Youngstown (1) L-10
BLUE BEAM	Cardinal (10)	Rebounders (13)	Columbia (3) Novak (3)	Novak (6) L-9's
BLUE BARS	Novak (10)	Chesapeake (4) Dynamic (3) Balto (2)	Richmond (5)	All Pro (2) L-9's Off Limits (3) L-9's First State (1) L-9
BLUE FLOOR	Rebounders (9)	Columbia (4) First State (5)	Youngstown (3) Island (2)	Rebounders (6) L-9's Rebounders (2) L-10's