

2020 NATION'S CAPITAL CUP

as of: February 26, 2020

Sunday March 1st	Session #5 Level 3's warm-up & stretch 8:00a timed warm-ups: 8:30 competition: 8:45	Session #6 Level 4's warm-up & stretch 11:30a timed warm-ups: 12:00 competition: 12:15		Session #7 Level 5's & 6's warm-up & stretch 3:00p timed warm-ups: 3:30 competition: 3:45
RED VAULT	Cardinal (8) Sports Fitness (2) Island (2)	Cardinal (9) Island (4)	RED VAULT	Cardinal (4) L-5's Apollo (2) L-5's Island (1) L-5
RED BARS	Docksiders (9) Youngstown (7)	Docksiders (11)	RED BARS	MVT (4) L-5's First State (6) L-5's
RED BEAM	Dulles (7) Clinton (8)	Apollo (8) Sports Fitness (7)	RED BEAM	Richmond (8) L-5's
RED FLOOR	Unique (11) Chesapeake (2)	Unique (11)	RED FLOOR	Sports Fitness (2) L-5's Clinton (2) L-5's
BLUE VAULT	Novak (7) First State (9)	Richmond (16)	BLUE VAULT	Richmond (7) L-6's
BLUE BARS	Richmond (18)	Elite (8) Richmond (10)	BLUE BARS	Elite (2) L-6's Chesapeake (3) L-6's G-Force (2) L-6's
BLUE BEAM	MVT (15)	MVT (8) First State (10)	BLUE BEAM	MarVaTeens (7) L-6's
BLUE FLOOR	Richmond (7) First State (9)	Dulles (9) Chesapeake (7)	BLUE FLOOR	Unique (6) L-6's