

24th Annual Commonwealth Cup

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Rotation Schedule

Nov 19-21, 2021

Saturday, November 20, 2021

Session: 1 -- LEVEL 4/5

Open Stretch 8:00 AM
Timed Warmup 8:15 AM

Competition 8:30 AM
Awards 11:15 AM

Gymnasts: 80

Flight: A - 42			
 <u>13</u> Paragon, VA - 13	 <u>10</u> AEG - 6 Middlesex Gymnastics - 4	 <u>9</u> Excalibur Gymnastics - 9	 <u>10</u> AEG - 10
Flight: B - 38			
 <u>8</u> Dynamic - Arlington - 1 AEG - 7	 <u>8</u> YouthSports - 2 Excalibur Gymnastics - 6	 <u>11</u> FGA - 11	 <u>11</u> MEGA-DC - 4 GMS - 7

Saturday, November 20, 2021

Session: 2 -- LEVEL 6/7

Open Stretch 11:35 AM
Timed Warmup 11:55 AM

Competition 12:15 PM
Awards 2:00 PM

Gymnasts: 40

Flight: A - 25			
 <u>5</u> Paragon, VA - 5	 <u>6</u> YMCAA - 6	 <u>6</u> Paragon, VA - 6	 <u>8</u> AEG - 8
Flight: B - 15			
 <u>4</u> Middlesex Gymnastics - 1 VEGA - 3	 <u>6</u> Paragon, VA - 6	 <u>0</u>	 <u>5</u> FGA - 5

Saturday, November 20, 2021

Session: 3 -- LEVEL 8/9/10

Open Stretch 2:20 PM
Timed Warmup 2:40 PM

Competition 3:00 PM
Awards 4:45 PM

Gymnasts: 36

Flight: A - 15			
 <u>3</u> YMCAA - 3	 <u>4</u> AEG - 4	 <u>4</u> FGA - 4	 <u>4</u> Dynamic - Arlington - 1 FGA - 3
Flight: B - 21			
 <u>5</u> Paragon, VA - 5	 <u>5</u> AEG - 5	 <u>5</u> VEGA - 5	 <u>5</u> COASTAL POINT - 5

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Rotation Schedule

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Saturday, November 20, 2021

Session: 4 -- XCEL BRONZE

Open Stretch 5:00 PM
Timed Warmup 5:15 PMCompetition 5:30 PM
Awards 7:15 PM

Gymnasts: 55

Flight: A - 28



8

Paragon, VA - 8



6

Middlesex Gymnastics - 6



8

Paragon, VA - 8



6

Middlesex Gymnastics - 6

Flight: B - 27



9

Paragon, VA - 9



3

YouthSports - 3



8

Paragon, VA - 8



7

Woods - 7

Sunday, November 21, 2021

Session: 5 -- XCEL SILVER / LEVEL 3

Open Stretch 8:00 AM
Timed Warmup 8:15 AMCompetition 8:30 AM
Awards 11:45 AM

Gymnasts: 96

Flight: A - 51



13

Paragon, VA - 13



9

Excalibur Gymnastics - 9



15

AEG - 15



14

Paragon, VA - 14

Flight: B - 45



12

YouthSports - 6



14

TWA - 2



9

Paragon, VA - 9



10

Woods - 10

Middlesex Gymnastics - 6

Astro Gymnastics - 3

Middlesex Gymnastics - 9

Sunday, November 21, 2021

Session: 6 -- XCEL GOLD

Open Stretch 11:45 AM
Timed Warmup 12:05 PMCompetition 12:20 PM
Awards 1:45 PM

Gymnasts: 43

Flight: A - 22



4

Middlesex Gymnastics - 2



5

TWA - 5



7

Paragon, VA - 7



6

Paragon, VA - 6

YouthSports - 2

Flight: B - 21



5

Astro Gymnastics - 5



5

Paragon, VA - 5



6

Woods - 6



5

GMS - 5

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Rotation Schedule

Nov 19-21, 2021

Sunday, November 21, 2021

Session: 7 -- XCEL PLAT/DIAM

Open Stretch 2:00 PM

Competition 2:40 PM

Timed Warmup 2:20 PM

Awards 4:45 PM

Gymnasts: 46

Flight: A - 26



9

Paragon, VA - 9



4

Woods - 4



6

YouthSports - 6



7

Paragon, VA - 7

Flight: B - 20



6

Astro Gymnastics - 1

FGA - 3

TW A - 2



5

GMS - 5



4

Woods - 4



5

GMS - 5