Sam Mikulak Men's Gymnastics Invitational

February 9 - 11, 2024

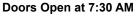
EVO Gymnastics 7188 East 15th Street Sarasota, FL 34243



https://www.evogymnastics.com/

Men's Competition Schedule

Modified Capital Cup Format





Friday, February 9, 2024

	i i i augy i o	5100195, 2027	
Session FR1		Session FR2	
Levels 5 & 6		Level 7	
General Stretch	8:00 AM	General Stretch	11:30 AM
Competition Start	8:30 AM	Competition Start	12:00 PM
Competition End	11:15 AM	Competition End	2:15 PM
Axcelerate, CGA, Coastal Dreams, EVO, Golden City, Islands YMCA, Naples Progressive, North Metro, North Shore, Nova, PGADG, Queen City, Sun Country, Trousdell, TumbleBees, World Class		ABGA, Coastal Dreams, Dynamics Gymnastics, eNeRGy, Golden City, Gravity Forged Gym, Islands YMCA, KiNetic Gymnastics, KMC, North Shore, Nova Fla, Premier West, Queen City, Sun Country, TumbleBees	
Session FR3		Session FR4	
Levels 8 & 8E		EVO Elite Collegiate Open	
General Stretch	2:30 PM	General Stretch	5:30 PM
Competition Start	3:00 PM	Competition Start	7:30 PM
Competition End	5:00 PM	Competition End	9:30 PM
Above the Bar, Axcelerate, CGA, eNeRGy, EVO, Gravity Forged Gym, Gymnastics USA, KiNetic Gymnastics, KMC, Nova Fla, PGADG, Premier West		Univ. of Illinois, EVO, Simpsonville, Florida Storm	
	Saturday, Fo	ebruary 10, 2024	
Session SA1		Session SA2	
Level 9		Level 9	
General Stretch	8:00 AM	General Stretch	10:45 AM
Competition Start	8:30 AM	Competition Start	11:15 AM
Competition End	10:30 AM	Competition End	1:15 PM
Hanover, Islands YMCA, KMC, North Shore, Queen City, Sun	A, eNeRGy, Gravity Forged Gym, Naples Progressive, North Metro, Country, Trousdell, TumbleBees	Premie	mnastics USA, Nova, PGADG, er West
Session SA3		Session SA4	
Level 10		Levels 10	
General Stretch	1:30 PM	General Stretch	5:30 PM
Competition Start	2:00 PM	Competition Start	6:00 PM
Competition End	5:00 PM	Competition End	9:00 PM
Amplitude, Arena NJ, Axcelerate, CGA, Gravity Forged Gym, Hanover, KMC, North Shore, PGADG, Queen City, Southern Starz, Trousdell, TumbleBees		Above the Bar, EVO, GO USA, Gymnastics USA, KiNetic Gymnastics, MGA, NC Elite, Nova, Premier West, Sun Country	
	Sunday, Fe	bruary 11, 2024	
Session SU1		Session SU2	
Level 3		Level 4	
General Stretch	8:00 AM	General Stretch	11:00 AM
Competition Start	8:30 AM	Competition Start	11:30 AM
Competition End	11:00 AM	Competition End	2:30 PM
ABGA, ACE FL, Coastal Dreams, EVO, Golden City, Islands YMCA, KMC, Nova, South Miami, Sun Country, Trousdell, TumbleBees, World Class		ABGA, ACE FL, Dynamics Gymnastics, EVO, Golden City, Islands YMCA, KMC, MGA, North Metro, Nova, Sun Country, Trousdell, TumbleBees, World Class, Xtreme Air	