

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

Doors Open at 7:30 AM



| Friday, February 9, 2024 | | | |
|---|----------|---|----------|
| 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, February 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 |
| Above the Bar, Axcelerate, CGA, eNeRGy, Gravity Forged Gym, Hanover, Islands YMCA, KMC, Naples Progressive, North Metro, North Shore, Queen City, Sun Country, Trousdell, TumbleBees | | Amplitude, EVO, GO USA, Gymnastics USA, Nova, PGADG, Premier 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, February 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 | |