



37<sup>th</sup> Annual Florida Strong Gasparilla Classic  
February 21-23, 2025



**GYM A RED - Friday, February 21, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session A1</i></p> <p><b>USA Women Level 6</b> <b>Stretch/Warm-up 8:00am</b></p> <p>Flip Zone SWFL Gold Medal Centereach Gymnastics Academy of Atlanta Mid Island Premier Athletics The Flip Zone – IN VIGS</p>	<p><i>Session A2</i></p> <p><b>USA Women Level 7</b> <b>Stretch/Warm-up 11:30am</b></p> <table border="0"> <tr> <td>ACE – MA</td> <td>Nova – Davie</td> </tr> <tr> <td>Aguilas de Kids Center</td> <td>Park Avenue</td> </tr> <tr> <td>Flip Gym Barbados</td> <td>Peak Athletics</td> </tr> <tr> <td>Flip Zone SWFL</td> <td>Rockwall</td> </tr> <tr> <td>Gym Michiana</td> <td>St. Louis Spirits</td> </tr> <tr> <td>Gym Mississauga</td> <td>Stick It</td> </tr> <tr> <td>Gymnastics Academy of Atlanta</td> <td>The Flip Zone – IN</td> </tr> <tr> <td>Mid Island</td> <td>VIGS</td> </tr> <tr> <td>Midwest Training</td> <td>US Gold – TX</td> </tr> </table>	ACE – MA	Nova – Davie	Aguilas de Kids Center	Park Avenue	Flip Gym Barbados	Peak Athletics	Flip Zone SWFL	Rockwall	Gym Michiana	St. Louis Spirits	Gym Mississauga	Stick It	Gymnastics Academy of Atlanta	The Flip Zone – IN	Mid Island	VIGS	Midwest Training	US Gold – TX
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**Parking Fee is \$20 per day – CREDIT CARD ONLY**  
**Spectator Admission – Cash Adults \$25 per day Children (5-17) \$20 per day**  
Posted January 15, 2025 **change made**



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**GYM A RED - Saturday, February 22, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session A5</i> <b>USA Women Level 6</b> <b>Stretch/Warm-up 8:00am</b></p> <p>All Around GBC Gotham Hartland Mountain West Orchard Park Gymsters Park Avenue ProGym Mexico Scarborough Triumph WGV</p>	<p><i>Session A6</i> <b>USA Women Level 7</b> <b>Stretch/Warm-up 11:30am</b></p> <table style="width: 100%;"> <tr> <td style="width: 50%;"> <p>Active – CO All Around Atlantic Gotham Grand Rapids Gym Force Hartland North Port Reflex</p> </td> <td style="width: 50%;"> <p>Seaside Suncoast Tampa Gymnastics TGR Top Contenders Toronto Gymnastics Triumph US Gold – FL Ultimate – SC WGV</p> </td> </tr> </table>	<p>Active – CO All Around Atlantic Gotham Grand Rapids Gym Force Hartland North Port Reflex</p>	<p>Seaside Suncoast Tampa Gymnastics TGR Top Contenders Toronto Gymnastics Triumph US Gold – FL Ultimate – SC WGV</p>
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**GYM A RED – Sunday, February 23, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<i>Session A9</i>		<i>Session A10</i>	
<b>USA Women Level 6 and Level 7 Stretch/Warm-up 8:00am</b>		<b>USA Women Level 6 and Level 7 Stretch/Warm-up 11:30am</b>	
<b><u>Level 6</u></b> Bay City Edgewater EGA – FL Golden City Gymnastic World Rising Stars Southern Starz Top Contenders Tumblebees Jupiter	<b><u>Level 7</u></b> Bay City Edgewater Mountain West Rising Stars Starlight Stars – CO Tumblebees Jupiter	<b><u>Level 6</u></b> Central Vermont Future Flipz International Miami Legacy - FL Maximum Velocity MGA NTS Suncoast	<b><u>Level 7</u></b> EGA – FL Future Flipz International Miami International Gold Maximum Velocity Midwest Elite NTS Naples Progressive

<i>Session A11</i>	
<b>USA Women Level 6 Stretch/Warm-up 3:00pm</b>	
<b><u>Level 6</u></b> ACE – FL Coastal Dreams Flight Midwest Elite Nova Athletics Orlando Gymnastics Starlight TNT Jax	<b><u>Level 7</u></b> ACE -FL Coastal Dreams Flight Golden City Gymnastic World Legacy – FL Orlando Gymnastics TNT Jax

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**GYM B GREEN - Friday, February 21, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session B1</i></p> <p><b>USA Women Level 8 and Level 9</b> <b>Stretch/Warm-up 8:00am</b></p> <p><b>Level 8</b></p> <table border="1"> <tr> <td>Aerials - PA Aguiles de Kids Center Elite Sports Gimnasia Tumble Queretaro Gold Medal Huntington GTC Rochester Gym Michiana Helix Libertyville</td> <td>Magnitude 10.0 Niagara Precision South Stick It Swiss Turners TGR Thompsons Triumph WGV</td> </tr> </table> <p><b>Level 9</b></p> <table border="1"> <tr> <td>Aerials - PA Elite Sports Falcon Gym Michiana Magnitude 10.0</td> <td>Millers Midwest Training Park Avenue Stick It TGR WGV</td> </tr> </table>	Aerials - PA Aguiles de Kids Center Elite Sports Gimnasia Tumble Queretaro Gold Medal Huntington GTC Rochester Gym Michiana Helix Libertyville	Magnitude 10.0 Niagara Precision South Stick It Swiss Turners TGR Thompsons Triumph WGV	Aerials - PA Elite Sports Falcon Gym Michiana Magnitude 10.0	Millers Midwest Training Park Avenue Stick It TGR WGV	<p><i>Session B2</i></p> <p><b>USA Women Level 9 and Level 10</b> <b>Stretch/Warm-up 11:30am</b></p> <p><b>Level 9</b></p> <p>GTC Rochester Gymnastics Academy of Atlanta Legacy – CO Libertyville Niagara Parkettes Premier Athletics The Flip Zone - IN</p> <p><b>Level 10</b></p> <p>Aerials - PA Christi's GTC Rochester Helix Libertyville Niagara Swiss Turners</p>
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<i>Session B5</i>		<i>Session B6</i>	
<b>USA Women Level 8 and Level 9 Stretch/Warm-up 8:00am</b>		<b>USA Women Level 9 USA Women Level 10 Stretch/Warm-up 11:30am</b>	
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<i>Session B7</i>	<i>Session B8</i>
<b>USA Women Level 10 Stretch/Warm-up 3:00pm</b>	<b>USA Women Level 9 Stretch/Warm-up 6:30pm</b>
EGA – FL Golden City Gotham Midwest Elite Missouri Elite Missouri Valley Mountain West Roswell Seaside US Gold - FL US Gold – TX World Class	Cherry Hill EGA – FL Golden City Gotham Great Lakes Elite Mountain West Roswell US Gold – TX Western Mass

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<p><i>Session B11</i></p> <p><b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 2:30pm</b></p> <p>Balance Elite World Ft. Lauderdale Stars Gyminators Maximum Velocity MGA North Port Rising Stars Southern Starz SportsRock Top Contenders</p>
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**GYM C BLUE - Friday, February 21, 2025**  
Modified Capital Cup – Women  
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<i>Session C1</i>	<i>Session C2</i>																										
<p><b>USA Women Xcel Platinum</b> <b>Stretch/Warm-up 8:00am</b></p> <p>Bay City Golden City Great Lakes Elite GTC Rochester Hartland LaFleur's Largo Legacy – CO Libertyville Swiss Turners Toronto Gymnastics</p>	<p><b>USA Women Xcel Platinum, Xcel Diamond, Xcel Sapphire</b> <b>Stretch/Warm-up 11:30am</b></p> <table border="1"> <thead> <tr> <th data-bbox="609 569 914 604"><u>Xcel Platinum</u></th> <th data-bbox="914 569 1219 604"><u>Xcel Diamond</u></th> <th data-bbox="1219 569 1526 604"><u>Xcel Sapphire</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="609 604 914 636">GBC</td> <td data-bbox="914 604 1219 636">Falcon</td> <td data-bbox="1219 604 1526 636">Falcon</td> </tr> <tr> <td data-bbox="609 636 914 667">Lake Forest</td> <td data-bbox="914 636 1219 667">Toronto Gymnastics</td> <td data-bbox="1219 636 1526 667">GBC</td> </tr> <tr> <td data-bbox="609 667 914 699">MEKS</td> <td data-bbox="914 667 1219 699">Triumph</td> <td data-bbox="1219 667 1526 699">Naples Progressive</td> </tr> <tr> <td data-bbox="609 699 914 730">Reflex</td> <td data-bbox="914 699 1219 730">Waterford</td> <td data-bbox="1219 699 1526 730">Toronto Gymnastics</td> </tr> <tr> <td data-bbox="609 730 914 762">Strive</td> <td data-bbox="914 730 1219 762">Western Mass</td> <td data-bbox="1219 730 1526 762">Triumph</td> </tr> <tr> <td data-bbox="609 762 914 793">Titanium</td> <td></td> <td data-bbox="1219 762 1526 793">Western Mass</td> </tr> <tr> <td data-bbox="609 793 914 825">WGV</td> <td></td> <td></td> </tr> </tbody> </table>			<u>Xcel Platinum</u>	<u>Xcel Diamond</u>	<u>Xcel Sapphire</u>	GBC	Falcon	Falcon	Lake Forest	Toronto Gymnastics	GBC	MEKS	Triumph	Naples Progressive	Reflex	Waterford	Toronto Gymnastics	Strive	Western Mass	Triumph	Titanium		Western Mass	WGV		
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Dream Big	Dream Big																																																	
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Flip Zone SWFL	Lake Forest																																																	
Gym Force	Reflex																																																	
Magnitude 10.0	Seaside																																																	
Millers																																																		
Suncoast																																																		
Triumph																																																		
Western Mass																																																		
World Class																																																		
<u>Xcel Diamond</u>	<u>Xcel Sapphire</u>																																																	
Bay City	Edgewater																																																	
Edgewater	Legacy – CO																																																	
Golden City	MEKS																																																	
Green Mountain	WGV																																																	
LaFleur's Largo	World Class																																																	
Libertyville																																																		
MEKS																																																		
Rockwall																																																		
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37<sup>th</sup> Annual Florida Strong Gasparilla Classic  
February 21-23, 2025



**GYM C BLUE - Saturday, February 22, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<i>Session C5</i> <b>USA Women Xcel Platinum &amp; Xcel Diamond</b> <b>Stretch/Warm-up 8:00am</b>		<i>Session C6</i> <b>USA Women Level 8</b> <b>Stretch/Warm-up 11:30am</b>	
<p><b><u>Xcel Platinum</u></b>                  20 Mile – CO                  Dakota Gold                  Falcon                  First City                  Flyaways North                  Grand Rapids                  Green Mountain                  Gulf Coast Elite                  Hollywood YMCA                  Integrity Fayette                  Niagara                  Northern Lights                  North Port</p>	<p><b><u>Xcel Diamond</u></b>                  20 Mile – CO                  Dakota Gold                  Integrity Fayette                  Niagara                  North Port</p>	Beaches Cherry Hill Midwest Elite Missouri Valley Mountain West Parkettes Roseville Roswell	
<i>Session C7</i> <b>USA Women Xcel Diamond &amp; Xcel Sapphire</b> <b>Stretch/Warm-up 3:00pm</b>		<i>Session C8</i> <b>USA Women Level 6 and Xcel Platinum</b> <b>Stretch/Warm-up 6:30pm</b>	
<p><b><u>Xcel Diamond</u></b>                  Aerials – PA                  All Around                  Apollo                  Beaches                  Islands YMCA                  KPAC                  Lakewood Ranch                  Oak City                  Rising Starz                  TGR</p>	<p><b><u>Xcel Sapphire</u></b>                  Aerials – PA                  Grand Rapids                  KPAC                  Midwest Elite                  Nova Athletics                  Oak City</p>	<p><b><u>Level 6</u></b>                  Biondi                  Capitol City                  EVO                  Gym Like This                  International Panama                  Islands YMCA                  Missouri Elite</p>	<p><b><u>Xcel Platinum</u></b>                  Aerials – PA                  Biondi                  Capitol City                  International Gold                  Park Avenue                  RAD                  Southern Starz                  Ultimate – SC</p>

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**GYM C BLUE - Sunday, February 23, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session C9</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 8:00am</b></p> <p>Balcony Bayside Beaches Coast Elite GYMFINITY International Gold RAD TGR</p>	<p><i>Session C10</i> <b>USA Women Xcel Platinum &amp; Xcel Diamond</b> <b>Stretch/Warm-up 11:00am</b></p>	
	<p><u><b>Xcel Platinum</b></u> Bayside Ft. Lauderdale Stars Gyminators Gymnastic World Legacy – FL Mountain Brooks Rising Stars SportsRock TGR Top Contenders</p>	<p><u><b>Xcel Diamond</b></u> Balcony Bayside Ft. Lauderdale Stars Gym Like This Gyminators Gymnastic World Mountain Brook RAD Rising Stars</p>

<p><i>Session C11</i> <b>USA Women Xcel Platinum</b> <b>Stretch/Warm-up 2:00pm</b></p> <p>All Around Apollo Balcony Gym Like This Lakewood Ranch Nova – Davie Tumblebees Jupiter</p>	<p><i>Session C12</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 5:15pm</b></p> <p>Coastal Dreams Gym Like This Lakewood Ranch Nova Athletics Nova – Davie Orlando Gymnastics Tumblebees Jupiter</p>
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February 21-23, 2025



**GYM D YELLOW** - Friday, February 21, 2025  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session D1</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 8:00am</b></p> <p>Green Mountain Gulf Coast Elite Lake Forest MEKS Midwest Training Park Avenue Strive Titanium Triumph Waterford</p>	<p><i>Session D2</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 11:30am</b></p> <p>20 Mile – CO Alpha – OK Dream Big Edgewater Gym Force Libertyville Millers Suncoast Thompsons US Gold – FL</p>
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<p><i>Session D3</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 3:00pm</b></p> <p>Apollo (12) Dakota Gold Golden City Greenville GTC Rochester GBC Island Dance Level Up Rockwall Reflex (20) Scarborough</p>	<p><i>Session D4</i> <b>USA Women Xcel Gold and Xcel Platinum</b> <b>Stretch/Warm-up 6:30pm</b></p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center;"> <p><b><u>Xcel Gold</u></b> Hartland Legacy – FL Mid Island Reflex (10) Sarasota Sunny Swiss Turners YMCA Bob Sierra Zanesville</p> </td> <td style="text-align: center;"> <p><b><u>Xcel Platinum</u></b> Seaside Sunny Tampa Gymnastics Waterford YMCA Bob Sierra Zanesville</p> </td> </tr> </table>	<p><b><u>Xcel Gold</u></b> Hartland Legacy – FL Mid Island Reflex (10) Sarasota Sunny Swiss Turners YMCA Bob Sierra Zanesville</p>	<p><b><u>Xcel Platinum</u></b> Seaside Sunny Tampa Gymnastics Waterford YMCA Bob Sierra Zanesville</p>
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**GYM D YELLOW** – Saturday, February 22, 2025  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session D5</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 8:00am</b></p> <p>Bay City Capitol City Flip Zone SWFL Great Lakes Elite Gymnastic World LaFleur's Largo NTS Upward World Class</p>	<p><i>Session D6</i> <b>USA Women Xcel Gold &amp; Xcel Platinum</b> <b>Stretch/Warm-up 11:30am</b></p> <table border="1"> <tr> <td style="text-align: center;"> <p><b><u>Xcel Gold</u></b> Apollo (17) Falcon Hollywood YMCA KPAC Oak City Rising Starz Tate's TAG - TN</p> </td> <td style="text-align: center;"> <p><b><u>Xcel Platinum</u></b> CATS Wellington EGA – FL Gaby's Gymnastics Islands YMCA Midwest Elite Motions Unlimited Oak City Rising Starz Tate's</p> </td> </tr> </table>	<p><b><u>Xcel Gold</u></b> Apollo (17) Falcon Hollywood YMCA KPAC Oak City Rising Starz Tate's TAG - TN</p>	<p><b><u>Xcel Platinum</u></b> CATS Wellington EGA – FL Gaby's Gymnastics Islands YMCA Midwest Elite Motions Unlimited Oak City Rising Starz Tate's</p>
<p><b><u>Xcel Gold</u></b> Apollo (17) Falcon Hollywood YMCA KPAC Oak City Rising Starz Tate's TAG - TN</p>	<p><b><u>Xcel Platinum</u></b> CATS Wellington EGA – FL Gaby's Gymnastics Islands YMCA Midwest Elite Motions Unlimited Oak City Rising Starz Tate's</p>		

<p><i>Session D7</i> <b>USA Women Level 8 and Xcel Gold</b> <b>Stretch/Warm-up 3:00pm</b></p> <table border="1"> <tr> <td style="text-align: center;"> <p><b><u>Level 8</u></b> Capitol City Dakota Gold Federacion Salvadorena First City Flyaways North Gymnastic World Motions Unlimited Park Avenue ProGym Mexico Shining Light Tampa Gymnastics Top Contenders Western Mass Zanesville</p> </td> <td style="text-align: center;"> <p><b><u>Xcel Gold</u></b> CATS Wellington EVO Gold Medal – TX Integrity Fayette Midwest Elite TBT Ultimate - SC</p> </td> </tr> </table>	<p><b><u>Level 8</u></b> Capitol City Dakota Gold Federacion Salvadorena First City Flyaways North Gymnastic World Motions Unlimited Park Avenue ProGym Mexico Shining Light Tampa Gymnastics Top Contenders Western Mass Zanesville</p>	<p><b><u>Xcel Gold</u></b> CATS Wellington EVO Gold Medal – TX Integrity Fayette Midwest Elite TBT Ultimate - SC</p>	<p><i>Session D8</i> <b>USA Women Xcel Gold</b> <b>Stretch/Warm-up 6:30pm</b></p> <p>All Around EGA – FL First City Flyaways North Motions Unlimited Niagara Toronto Gymnastics WGV</p>
<p><b><u>Level 8</u></b> Capitol City Dakota Gold Federacion Salvadorena First City Flyaways North Gymnastic World Motions Unlimited Park Avenue ProGym Mexico Shining Light Tampa Gymnastics Top Contenders Western Mass Zanesville</p>	<p><b><u>Xcel Gold</u></b> CATS Wellington EVO Gold Medal – TX Integrity Fayette Midwest Elite TBT Ultimate - SC</p>		

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**GYM D YELLOW - Sunday, February 23, 2025**  
Modified Capital Cup – Women  
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<p><i>Session D9</i> <b>AAU Women Xcel Silver</b> <b>Stretch/Warm-up 7:30am</b></p> <p>ABGA East Pasco EGA – FL Flipstar Gina's Gold Coast SportsRock World Class</p>	<p><i>Session D10</i> <b>AAU Women Level 3</b> <b>Stretch/Warm-up 10:00am</b></p> <p>Ft. Lauderdale Stars Galactic Jubilee LaFleur's Tampa MMATC Rising Stars Tampa Gymnastics</p>	<p><i>Session D11</i> <b>AAU Women Level 4, Level 5, Level 6, Level 7</b> <b>AAU Women Xcel Gold</b> <b>Stretch/Warm-up 12:45pm</b></p> <table border="1" data-bbox="863 659 1468 829"> <tr> <td data-bbox="863 659 1166 829"> <p><u><b>AAU Level 4</b></u> Galactic Jubilee MMATC Precision South</p> </td> <td data-bbox="1166 659 1468 829"> <p><u><b>AAU Level 5</b></u> Galactic MMATC</p> </td> </tr> </table> <table border="1" data-bbox="808 863 1526 1113"> <tr> <td data-bbox="808 863 1052 1113"> <p><u><b>AAU Level 6</b></u> Epic Galactic Gold Coast Jubilee MMATC TNT Wellington</p> </td> <td data-bbox="1052 863 1234 1113"> <p><u><b>AAU Level 7</b></u> Gold Coast</p> </td> <td data-bbox="1234 863 1526 1113"> <p><u><b>AAU Xcel Gold</b></u> Bay City Epic Ft. Lauderdale Stars Gold Coast TNT Wellington</p> </td> </tr> </table>		<p><u><b>AAU Level 4</b></u> Galactic Jubilee MMATC Precision South</p>	<p><u><b>AAU Level 5</b></u> Galactic MMATC</p>	<p><u><b>AAU Level 6</b></u> Epic Galactic Gold Coast Jubilee MMATC TNT Wellington</p>	<p><u><b>AAU Level 7</b></u> Gold Coast</p>	<p><u><b>AAU Xcel Gold</b></u> Bay City Epic Ft. Lauderdale Stars Gold Coast TNT Wellington</p>
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<p><u><b>AAU Level 6</b></u> Epic Galactic Gold Coast Jubilee MMATC TNT Wellington</p>	<p><u><b>AAU Level 7</b></u> Gold Coast</p>	<p><u><b>AAU Xcel Gold</b></u> Bay City Epic Ft. Lauderdale Stars Gold Coast TNT Wellington</p>						

<p><i>Session D12</i> <b>AAU Women Xcel Gold, Xcel Platinum</b> <b>Xcel Diamond, Xcel Sapphire</b> <b>AAU Women Ladies Xcel Silver, Xcel Gold,</b> <b>Xcel Platinum, Xcel Diamond</b> <b>Stretch/Warm-up 3:30pm</b></p> <table border="1" data-bbox="110 1388 1024 1696"> <tr> <td data-bbox="110 1388 337 1696"> <p><u><b>AAU XG</b></u> ABGA Flipstar GTFL World Class</p> </td> <td data-bbox="337 1388 570 1696"> <p><u><b>AAU XP</b></u> ABGA East Pasco Flipstar Gina's GTFL Horizon Tumble USA World Class</p> </td> <td data-bbox="570 1388 797 1696"> <p><u><b>AAU XD</b></u> GTFL Horizon</p> </td> <td data-bbox="797 1388 1024 1696"> <p><u><b>AAU XSA</b></u> Horizon</p> </td> </tr> </table>				<p><u><b>AAU XG</b></u> ABGA Flipstar GTFL World Class</p>	<p><u><b>AAU XP</b></u> ABGA East Pasco Flipstar Gina's GTFL Horizon Tumble USA World Class</p>	<p><u><b>AAU XD</b></u> GTFL Horizon</p>	<p><u><b>AAU XSA</b></u> Horizon</p>	<p><i>Session D13</i> <b>AAU Women Xcel Gold</b> <b>Stretch/Warm-up 6:15pm</b></p> <p>Bayside East Pasco Gina's Jubilee LaFleur's Largo Tampa Gymnastics Tumble USA</p>	
<p><u><b>AAU XG</b></u> ABGA Flipstar GTFL World Class</p>	<p><u><b>AAU XP</b></u> ABGA East Pasco Flipstar Gina's GTFL Horizon Tumble USA World Class</p>	<p><u><b>AAU XD</b></u> GTFL Horizon</p>	<p><u><b>AAU XSA</b></u> Horizon</p>						
<p><u><b>AAU Ladies XS</b></u> Flip Flop Rising Stars</p>	<p><u><b>AAU Ladies XG</b></u> Bayside Flip Flop Flipstar</p>	<p><u><b>AAU Ladies XP</b></u> Upward</p>	<p><u><b>AAU Ladies XD</b></u> East Pasco Flip Flop</p>						

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**GYM E PURPLE - Friday, February 21, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p style="text-align: center;"><i>Session E1</i></p> <p style="text-align: center;"><b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 8:00am</b></p> <p style="text-align: center;">20 Mile - CO Alpha – OK Dakota Gold GBC Hartland Lake Forest Scarborough US Gold – FL Ultimate - SC World Class</p>	<p style="text-align: center;"><i>Session E2</i></p> <p style="text-align: center;"><b>USA Women Level 2 &amp; Xcel Bronze</b> <b>Stretch/Warm-up 10:45am</b></p> <table border="1" style="width: 100%;"> <tr> <td data-bbox="818 569 1156 898"> <p style="text-align: center;"><u><b>Level 2</b></u> Club Roll &amp; Twist Federacion Salvadorena Midwest Training YMCA Bob Sierra</p> </td> <td data-bbox="1156 569 1494 898"> <p style="text-align: center;"><u><b>Xcel Bronze</b></u> Dakota Gold GBC Legacy – FL (16) Libertyville Rockwall Scarborough Sunny World Class</p> </td> </tr> </table>	<p style="text-align: center;"><u><b>Level 2</b></u> Club Roll &amp; Twist Federacion Salvadorena Midwest Training YMCA Bob Sierra</p>	<p style="text-align: center;"><u><b>Xcel Bronze</b></u> Dakota Gold GBC Legacy – FL (16) Libertyville Rockwall Scarborough Sunny World Class</p>
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<p style="text-align: center;"><i>Session E3</i></p> <p style="text-align: center;"><b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 1:15pm</b></p> <p style="text-align: center;">Green Mountain Legacy – FL (17) Libertyville Park Avenue Sarasota Sunny TBT Temple Terrace</p>	<p style="text-align: center;"><i>Session E4</i></p> <p style="text-align: center;"><b>USA Women Xcel Bronze</b> <b>Stretch/Warm-up 3:45pm</b></p> <p style="text-align: center;">Gulf Coast Elite LaFleur’s Largo Lake Forest Orlando Gymnastics Temple Terrace Titanium Triumph</p>	<p style="text-align: center;"><i>Session E5</i></p> <p style="text-align: center;"><b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 6:30pm</b></p> <p style="text-align: center;">Great Lakes Elite GTC Rochester Gym Force Millers Orlando Gymnastics Strive Swiss Turners Titanium Triumph Waterford</p>
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<p><i>Session E6</i></p> <p><b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 8:00am</b></p> <p>Dream Big Edgewater Flip Zone SWFL (20) Legacy – FL (11) Motions Unlimited Northern Lights Southern Starz Tate's Toronto Gymnastics YMCA Bob Sierra</p>	<p><i>Session E7</i></p> <p><b>USA Women Xcel Bronze</b> <b>Stretch/Warm-up 10:45am</b></p> <p>Beaches Gold Medal – TX Legacy – FL (15) Suncoast TBT Ultimate – SC YMCA Bob Sierra</p>
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<p><i>Session E8</i></p> <p><b>USA Women Level 3</b> <b>Xcel Silver</b> <b>Stretch/Warm-up 1:15pm</b></p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center;"> <p><b><u>Level 3</u></b></p> <p>Green Mountain International Miami International Panama Midwest Elite Mid Island Northern Lights Scarborough SportsRock Tumblebees Jupiter</p> </td> <td style="text-align: center;"> <p><b><u>Xcel Silver</u></b></p> <p>Biondi Flip Zone SWFL (12) Gulf Coast Elite Suncoast WGV Upward</p> </td> </tr> </table>	<p><b><u>Level 3</u></b></p> <p>Green Mountain International Miami International Panama Midwest Elite Mid Island Northern Lights Scarborough SportsRock Tumblebees Jupiter</p>	<p><b><u>Xcel Silver</u></b></p> <p>Biondi Flip Zone SWFL (12) Gulf Coast Elite Suncoast WGV Upward</p>	<p><i>Session E9</i></p> <p><b>USA Women Xcel</b> <b>Bronze</b> <b>Stretch/Warm-up</b> <b>3:45pm</b></p> <p>Edgewater Falcon Flip Zone SWFL Golden City Gym Force Maximum Velocity Nova Athletics Top Contenders</p>	<p><i>Session E10</i></p> <p><b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 6:15pm</b></p> <p>Falcon Gymnastic World Integrity Fayette Lakewood Ranch Maximum Velocity MGA Midwest Elite Oak City Top Contenders</p>
<p><b><u>Level 3</u></b></p> <p>Green Mountain International Miami International Panama Midwest Elite Mid Island Northern Lights Scarborough SportsRock Tumblebees Jupiter</p>	<p><b><u>Xcel Silver</u></b></p> <p>Biondi Flip Zone SWFL (12) Gulf Coast Elite Suncoast WGV Upward</p>			

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**GYM E PURPLE - Sunday, February 23, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<p><i>Session E11</i> <b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 8:00am</b></p> <p>All Around Apollo Balance Gymnators North Port Nova – Davie</p>	<p><i>Session E12</i> <b>USA Women Xcel Bronze</b> <b>Stretch/Warm-up 10:45am</b></p> <p>Action Apollo Balance Coastal Dreams Dream Big Hollywood YMCA Lakewood Ranch Nova – Davie Tumblebees Jupiter</p>
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<p><i>Session E13</i> <b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 1:15pm</b></p> <p>Bay City Coast Elite Coastal Dreams EVO Hollywood YMCA Nova Athletics RAD (10)</p>	<p><i>Session E14</i> <b>USA Women Xcel Bronze</b> <b>Stretch/Warm-up 3:45pm</b></p> <p>EGA – FL EVO RAD TGR</p>	<p><i>Session E15</i> <b>USA Women Xcel Silver</b> <b>Stretch/Warm-up 6:00pm</b></p> <p>Beaches EGA - FL Elite World Golden City RAD (17) TGR</p>
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**GYM F PINK - Friday, February 21, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<i>Session F1</i>		<i>Session F2</i>	<i>Session F3</i>
<b>USA Women Level 1 and Level 2</b>		<b>USA Women Level 3</b>	<b>USA Women Level 3</b>
<b>Stretch/Warm-up 8:00am</b>		<b>Stretch/Warm-up 10:30am</b>	<b>Stretch/Warm-up 1:15pm</b>
<u><b>Level 1</b></u>	<u><b>Level 2</b></u>		
Club Roll & Twist Federacion Salvadorena Gimnastika Vasilieva Level Up Park Avenue	Aguilas de Kids Center Gimnastika Vasilieva Golden City Gotham Gym Mississauga Island Dance Level Up North Port Park Avenue	Aguilas de Kids Center Alpha – OK Gimnastika Vasilieva Golden City Gotham Great Lakes Elite Gym Mississauga Island Dance Level Up Libertyville North Port Park Avenue Zanesville	Club Roll & Twist Federacion Salvadorena GTC Rochester GBC Hartland Lake Forest Midwest Training Orchard Park Gymsters ProGym Mexico Toronto Gymnastics YMCA Bob Sierra

<i>Session F4</i>	<i>Session F5</i>
<b>USA Women Level 4</b>	<b>USA Women Level 4 and Level 5</b>
<b>Stretch/Warm-up 4:00pm</b>	<b>Stretch/Warm-up 6:45pm</b>
	<u><b>Level 4</b></u>
Alpha – OK Federacion Salvadorena GTC Rochester Midwest Training North Port Park Avenue Strive Toronto Gymnastics VIGS	ACE – MA Aguilas Kids Center Club Roll & Twist Flip Gym Barbados Gimnasia Tumble Queretaro Gimnastika Vasilieva Gold Medal Centereach Gym Mississauga GYMFINITY Libertyville Orchard Park Gymsters Zanesville
	<u><b>Level 5</b></u>
	Aguilas de Kids Center Club Roll & Twist Gimnastika Vasilieva GTC Rochester Gym Michiana Midwest Training Toronto Gymnastics

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<i>Session F6</i>		<i>Session F7</i>	<i>Session F8</i>
<b>USA Women Level 1 and Level 2</b>		<b>USA Women Level 3</b>	<b>USA Women Level 4</b>
<b>Stretch/Warm-up 8:00am</b>		<b>Stretch/Warm-up 10:30am</b>	<b>Stretch/Warm-up 1:15pm</b>
<p><b><u>Level 1</u></b></p> <p>Coastal Dreams GYMFINITY International Miami International Panama Nova – Davie Palm Beach Sarasota</p>	<p><b><u>Level 2</u></b></p> <p>Coastal Dreams Gold Medal – TX Gold Medal Huntington GYMFINITY International Miami International Panama Motions Unlimited Mountain West Nova – Davie Palm Beach Sarasota Zanesville</p>	<p>Capitol City Coast Elite Gold Medal – TX Gold Medal Huntington Gym Michiana GYMFINITY Motions Unlimited Mountain West Niagara Nova – Davie Palm Beach Sarasota</p>	<p>Coast Elite GBC Gold Medal Huntington Gold Medal – TX Gotham Gym Michiana Naples Progressive Niagara Nova – Davie Palm Beach US Gold – TX Western Mass</p>

<i>Session F9</i>		<i>Session F10</i>	
<b>USA Women Level 4 and Level 5</b>		<b>USA Women USA Level 4 and Level 5</b>	
<b>Stretch/Warm-up 4:00pm</b>		<b>Stretch/Warm-up 6:45pm</b>	
<p><b><u>Level 4</u></b></p> <p>Great Lakes Elite Green Mountain Hartland Legacy - FL Mid Island Midwest Elite Mountain West Northern Lights Scarborough TBT TNT Wellington Tumblebees Jupiter</p>	<p><b><u>Level 5</u></b></p> <p>Great Lakes Elite Midwest Elite Northern Lights ProGym Mexico TNT Wellington US Gold - TX</p>	<p><b><u>Level 4</u></b></p> <p>Central Vermont Golden City International Miami LaFleur's Tampa MGA Rising Stars SportsRock Tampa Gymnastics</p>	<p><b><u>Level 5</u></b></p> <p>Gymnastic World International Miami MGA</p>

**Parking Fee is \$20 per day – CREDIT CARD ONLY**  
**Spectator Admission – Cash Adults \$25 per day Children (5-17) \$20 per day**  
Posted January 15, 2025 **change made**



37<sup>th</sup> Annual Florida Strong Gasparilla Classic  
February 21-23, 2025



**GYM F PINK - Sunday, February 23, 2025**  
Modified Capital Cup – Women  
Doors Open at 7:00am

<i>Session F11</i> <b>AAU Women Level 2</b> <b>Stretch/Warm-up 7:30am</b>  CATS Wellington Ft. Lauderdale Stars Galactic Jubilee Precision South Tampa Gymnastics	<i>Session F12</i> <b>AAU Women Level 1 and 2</b> <b>AAU Women Xcel Copper and Xcel Bronze</b> <b>AAU Men 4 x 4</b> <b>Stretch/Warm-up 10:15am</b>		
	<u><b>AAU Level 1</b></u> ABGA CATS Wellington East Pasco Gina's TNT Wellington	<u><b>AAU Level 2</b></u> ABGA Gina's TNT Wellington Tumble USA	
	<u><b>AAU Xcel Copper</b></u> Epic SportsRock	<u><b>AAU Xcel Bronze</b></u> Bayside EGA – FL (10) Epic Flipstar Gold Coast Ultimate – FL World Class	<u><b>AAU Men 4 x 4</b></u> East Pasco

<i>Session F13</i> <b>AAU Women Xcel Bronze</b> <b>Stretch/Warm-up</b> <b>1:00pm</b>  East Pasco EGA – FL (28) LaFleur's Tampa SportsRock Upward	<i>Session F14</i> <b>AAU Women Level 3</b> <b>AAU Women Xcel Silver</b> <b>Stretch/Warm-up 3:30pm</b>		<i>Session F15</i> <b>AAU Women Xcel Silver</b> <b>Stretch/Warm-up</b> <b>6:15pm</b>  Bayside Jubilee LaFleur's Tampa Reflex (30)
	<u><b>Level 3</b></u> CATS Wellington Gina's Naples Progressive TNT Wellington	<u><b>Xcel Silver</b></u> Bay City Epic LaFleur's Largo Reflex (22) TNT Wellington Ultimate - FL	

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