

2020 Svetlana Boguinskaia Invitational Schedule

**All sessions will be run in Continuous Capital Cup format*

Thursday, February 27, 2020

Session 1: Xcel Gold 5:00pm – 7:45pm
GYMS: Champions, Discover, Flips, Katy Gymnastics, World Champion Centre

General Stretch 5:00pm – 5:20pm
Intro of Teams/National Anthem 5:20pm – 5:25pm
Flight A Warm Up 5:25pm
Awards 7:45pm

Friday, February 28, 2020

Session 2: Level 1 & 2 – All Gyms 8:00am – 10:00am

General Stretch 8:00am – 8:20am
Intro of Teams/National Anthem 8:20am – 8:25am
Flight A Warm Up 8:25am
Awards 10:00am

Session 3: Xcel Bronze 10:15pm – 12:45pm
GYMS: Discover, Iron Cross, Katy Gymnastics, Majestic, Maximum, Stars, Sugar Land, REFLEX

General Stretch 10:15am – 10:35am
Intro of Teams/National Anthem 10:50am – 10:55am
Flight A Warm Up 10:55am
Awards 12:45pm

Session 4: Xcel Bronze 1:15pm – 3:45pm
GYMS: Champions, Flips, Katy Kips, Montgomery, Mosley's, Rowland Ballard, Thornton's, World Champions Centre

General Stretch 1:15pm – 1:35pm
Intro of Teams/National Anthem 1:35pm – 1:40pm
Flight A Warm Up 1:40pm
Awards 3:45pm

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Friday, February 28, 2020 (Continued)

Session 5: Level 3/Xcel Silver 4:00pm – 6:15pm

All Level 3

Xcel Silver Gyms: Biron, Iron Cross, Katy Gymnastics, Legacy

General Stretch 4:00pm – 4:20pm

Intro of Teams/National Anthem 4:20pm – 4:25pm

Flight A Warm Up 4:25pm

Awards 6:15pm

Session 6: Level 4 & 5 – All Gyms 6:45pm – 9:45pm

General Stretch 6:45pm – 7:05pm

Intro of Teams/National Anthem 7:05pm – 7:10pm

Flight A Warm Up 7:10pm

Awards 9:45pm

Saturday, February 29, 2020

Session 7: Level 6 8:00am – 11:00am

GYMS: Above the Bar, AIM, Discover, Diva, Iron Cross, Katy Gymnastics, Maximum, Sugar Land, TAAG, XLR8

General Stretch 8:00am – 8:30am

Intro of Teams/National Anthem 8:30am – 8:35am

Flight A Warm Up 8:35am

Awards 11:00am

Session 8: Level 6/7 11:30am – 3:00pm

Level 6 Gyms: AcroSports, All Stars Unlimited, Basel's, Flips, Legacy, Love, South Louisiana Gymnastics Academy, Thunder Elite

All Level 7 Gyms

General Stretch 11:30am – 12:00pm

Intro of Teams/National Anthem 12:00pm – 12:05pm

Flight A Warm Up 12:05pm

Awards 3:00pm

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Saturday, February 29, 2020 (continued)

Session 9: Level 8/Xcel Diamond – All Gyms 3:30pm – 6:15pm

General Stretch	3:30pm – 4:00pm
Intro of Teams/National Anthem	4:00pm – 4:05pm
Flight A Warm Up	4:05pm
Awards	6:15pm

Session 10: Level 9 & 10 – All Gyms 6:45pm – 9:45pm

General Stretch	6:45pm – 7:15pm
Intro of Teams/National Anthem	7:15pm – 7:20pm
Flight A Warm Up	7:20pm
Awards	9:45pm

Sunday, March 1, 2020

Session 11: Xcel Platinum – All Gyms 8:00am – 11:15am

General Stretch	8:00am – 8:20am
Intro of Teams/National Anthem	8:20am – 8:25am
Flight A Warm Up	8:25am
Awards	11:15am

Session 12: Xcel Gold 11:45am – 2:30pm

GYMS: All Stars Unlimited, Biron, Cypress, Iron Cross, Katy Kips, Legacy, Majestic, Maximum, Mimi's Tumble Bees, Montgomery, Moseley, REFELX, South Louisiana Gymnastics Academy, Stars, Sugar Land, Thornton's

General Stretch	11:45am – 12:05pm
Intro of Teams/National Anthem	12:05pm – 12:10pm
Flight A Warm Up	12:10pm
Awards	2:30pm

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Sunday, March 1, 2020 (continued)

Session 13: Xcel Silver 3:00pm – 5:30pm

GYMS: All Star Unlimited, Katy Kips, Majestic, Maximum, Mimi's Tumble Bees, Montgomery, Moseley's, REFLEX, Rowland Ballard, Thornton's

General Stretch 3:00pm – 3:20pm

Intro of Teams/National Anthem 3:20pm – 3:25pm

Flight A Warm Up 3:25pm

Awards 5:30pm

Session 14: Xcel Silver 6:00pm – 8:30pm

GYMS: Champions, Discover, Flips, Stars, Sugar Land, World Champions Centre

General Stretch 6:00pm – 6:20pm

Intro of Teams/National Anthem 6:20pm – 6:25pm

Flight A Warm Up 6:25pm

Awards 8:30pm