2026 Christmas Dreams Invitational

Competition Schedule - Modified Capital Cup

Meadow Event Park | Doswell VA 23047

Friday, December 11, 2026

Session 01 - 3:00 PM - Xcel Platinum (72)

Open Stretch: 3:00 PM | **Introductions:** 3:20 PM | **Awards:** 6:15 PM

Session 02 - 6:25 PM - Level 6 (15), Level 7 (30)

Open Stretch: 6:25 PM | **Introductions:** 6:45 PM | **Awards:** 8:40 PM

Saturday, December 12, 2026

Session 03 - 9:00 AM - Level 8 (16), Level 9 (5), Level 10 (2), Xcel Diamond (35), Xcel Sapphire (5)

Open Stretch: 9:00 AM | **Introductions:** 9:20 AM | **Awards:** 12:05 PM

Session 04 - 12:15 PM - Xcel Bronze (91)

Open Stretch: 12:15 PM | **Introductions:** 12:35 PM | **Awards:** 3:05 PM

Session 05 - 3:20 PM - Level 2 (21), Level 3 (37)

Open Stretch: 3:20 PM | **Introductions:** 3:40 PM | **Awards:** 5:30 PM

Session 06 - 5:45 PM - Xcel Silver (62)

XS - Gryphon, Hope Gymnastics, RCG, Twist, Xtreme Heights

Open Stretch: 5:45 PM | **Introductions:** 6:05 PM | **Awards:** 8:00 PM

Sunday, December 13, 2026

Session 07 - 8:00 AM - Xcel Silver (62)

XS - Aerial East, Astro, BRAG, Dreams Gymnastics, Full Force

Open Stretch: 8:00 AM | **Introductions:** 8:20 AM | **Awards:** 10:15 AM

Session 08 - 10:30 AM - Xcel Gold (56)

XG - BRAG, RCG, Twist, Xtreme Heights

Open Stretch: 10:30 AM | **Introductions:** 10:50 AM | **Awards:** 12:45 PM

Session 09 - 1:00 PM - Xcel Gold (61)

XG - Aerial East, Astro, Dreams Gymnastics, Full Force, Gryphon, Hope Gymnastics

Open Stretch: 1:00 PM | **Introductions:** 1:20 PM | **Awards:** 3:25 PM

Session 10 - 3:35 PM - Level 4 (53), Level 5 (22)

Open Stretch: 3:35 PM | **Introductions:** 3:55 PM | **Awards:** 6:25 PM