

**2019-20 Capital Gymnastics
Compulsory Competition Schedule
(TENTATIVE 8/16/19)**

DATE	MEET	Levels	MEET LOCATION
DEC. 13-15, 2019	Christmas on the Chesapeake	3-5	Baltimore Convention Center: One West Pratt Street, Baltimore, MD
JAN. 17-20, 2020	Hill's Maryland Classic	3-5	Prince George's Sports & Learning Complex: 8001 Sheriff Road, Landover, MD
FEB. 14-16, 2020	Excalibur Cup	3-5	Virginia Beach Convention Center: 1000 19 th Street, Virginia Beach, VA
MARCH 7-8, 2020	Shamrock Invitational	3-5	Virginia Beach Field House: 2020 Landstown Centre Way, Virginia Beach, VA
APRIL 4-5, 2020	GMS Spring Invitational	3-5	GMS Gymnastics 7217 Newmarket Ct., Manassas, VA
APRIL 18-19, 2020	Spring Fling	3-5	Ocean Lakes High School: 885 Schumann Dr, Virginia Beach, VA
MAY 1-3, 2020	Level 4/5 State Meet	4-5	Christiansburg Recreation Center: 1600 N. Franklin St, Christiansburg, VA
MAY 8-10, 2020	Level 3 State Meet	3	Ocean Lakes High School: 885 Schumann Dr, Virginia Beach, VA