

**Capital Gymnastics NTC Men's Team  
2019-2020 Competitive Meet Schedule**

**Level 4 & 5**

<b>Date</b>	<b>Name</b>	<b>Location</b>
Nov. 3, 2019	Harvest Meet	Capital Gymnastics NTC, Burke, VA
Dec. 7-8, 2019	Dave Brown Invitational	University of William & Mary, Williamsburg, VA
Jan. 18-19, 2020	Navy Gymnastics Challenge	Annapolis, MD
Jan. 31-Feb 2 2020	Jerrell Steele	Richmond, VA
Feb. 22-23, 2020	Mid-Atlantic Invitational	University of Maryland, College Park, MD
Mar. 13-15, 2020	L5 VA State Championships	Ocean Lakes High School, Virginia Beach,VA
Apr. 2-5, 2020	L5 Region 7 Championships	West Point, NY
Apr. 18-20, 2020	L4 VA State Championships	Aerial East, Mechanicsville,VA

**Level 6**

<b>Date</b>	<b>Name</b>	<b>Location</b>
Nov. 15-17, 2019	Tim Weaver	York, PA
Dec. 7-8, 2019	Dave Brown Invitational	University of William & Mary, Williamsburg, VA
Jan. 4-5, 2020	Pure Gymnastics	Liberty University, Lynchburg, VA
Jan. ,18-19,2020	Navy Challenge	Annapolis, MD
Jan.31-Feb 2, 2020	Jerrell Stelle	Richmond, VA
Feb. 22-23, 2020	Mid-Atlantic Invitational	University of Maryland, College Park, MD
Mar. 13-15, 2020	L6 VA State Championships	Ocean Lakes High School, Virginia Beach,VA
Apr. 2-5, 2020	L6 Region 7 Championships	West Point, NY

**Level 7, 8, 9,10 & JR.Development**

<b>Date</b>	<b>Name</b>	<b>Location</b>
Nov. 15-17, 2019	Tim Weaver	York, PA
Dec. 7-8, 2019	Dave Brown Invitational	University of William & Mary, Williamsburg, VA
Jan. 4-5,2020	Pure Gymnastics	Liberty University, Lynchburg, VA
Jan. 18-19, 2020	Navy Gymnastics Challenge	Annapolis, MD
Jan. 31-Feb 2, 2020	Jerrell Stelle	Richmond, VA
Feb,23-24, 2020	Mid-Atlantic Invitational	University of Maryland, College Park, MD
Mar.13-15, 2020	VA State Championships	Ocean Lakes High School, Virginia Beach, VA
April 2-5, 2020	Region 7 Championships	West Point, NY
May 5-10, 2020	J.O. National Championship	Daytona Beach, Florida