

2023-2024 Women's Optional and Compulsory Competition Schedule

schedule is subject to change

Meet Name	Meet dates	Levels attending	Meet location
In house meet	Oct 28, 2023	3-8	Capital Gymnastics
Triple Crown intersquad	Dec 1 or 2, 2023	9 & 10	Capital Gymnastics
COTC	Dec 8-10, 2023	3-10	Baltimore, MD
Hills Md Classic	Jan 12-14, 2024	3-10	Univ. of MD
Frosty's Bayside Invitational	Jan 19-21, 2024	3-5	Ocean City, MD
Biles Invitational	Feb 2-4, 2024	6-10	Houston, TX
Excalibur Cup	Feb 16-18, 2024	3-10	Va Beach, VA
Capital Classic	March 9-10, 2024	3-10	Springfield, VA
8-10 State meet	March 22-24, 2024	8-10	Boo Williams, Norfolk
5,6 & 7 State meet	April 5-7, 2024	5-7	Christiansburg, VA
9/10 Regionals	April 11-14, 2024	9 & 10	TBA
7/8 Regionals	April 19-21, 2024	7 & 8	TBA
3/4 State Meet	April 27-28, 2024	3 & 4	Fredericksburg, Va
L9 Easterns	May 2-5, 2024	9	TBA
L10 Nationals	May 9-12	10	Daytona Beach, FL