

CAPITAL DANCE CUP 2025

MAY 24TH

ENTRY DEADLINE - MAY 9TH

TENTATIVE SCHEDULE

MORNING / AFTERNOON SESSIONS

08:00am Doors Open

08:30am Pro-Am American Smooth & International Ballroom
(Single Dances, Multi Dance, Scholarship)
Mixed-Amateur International Ballroom (All Ages)

12:00pm Pro-Am Rhythm & International Latin
(Single Dances, Multi Dance, Scholarship)
Mixed-Amateur International Latin (All Ages)
Mixed-Amateur Solo Exhibition

3:30pm Pre-Competitive
Amateur International Ballroom & Latin (Newcomer to Gold, All ages)
Amateur Solo (Single Dances, Capital Dance Championship)
Amateur Capital Dance Championship
(Pre-Bronze/Bronze, Silver/Gold Closed Syllabus)

EVENING SESSIONS

7:00pm Amateur Formation Team
Pro-Am Solo Exhibition
Capital Dance Cup Championship (Pre-Champ - Champ Challenge)
Pre-Champ Ballroom & Latin
Amateur Open Ballroom & Latin
Showcases