

Girl Power

Hosted By: ASI Woodlands

April 13-14, 2024

**DOORS WILL OPEN 15 MINUTES PRIOR TO OPEN STRETCH FOR EACH SESSION
PLEASE CHECK THE ATHLETE ROSTER FOR DIVISIONS**

Saturday April 13, 2024

Session 1

Level XS:

Division 4-7: Austin Gymnastics Club, El Sol Sports, Houston Elite, iTumble, Showcase, TAAG, Velocity

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:25 AM

Competition 8:35 AM

Awards 10:35 AM

Session 2

Level 2: ASI Cypress, ASI Woodlands, Fierce Gymnastics, Houston Elite, Star Gymnastics

Coaches' Meeting 11:20 AM

Open Stretch 11:25 AM

March In 11:45 AM

Competition 11:55 AM

Awards 1:10 PM

Saturday April 13, 2024

Session 3

Level 1: ASI Cypress, ASI Woodlands, Houston Elite

Coaches' Meeting 1:55 PM

Open Stretch 2:00 PM

March In 2:20 PM

Competition 2:30 PM

Awards 3:45 PM

Session 4

Level 3: ASI Cypress, ASI Woodlands, Austin Gymnastics Club, TAAG

Level XS:

Divisions 1-3: ASI Woodlands, Austin Gymnastics Club, El Sol Sports, Houston Elite, iTumble, Showcase, Velocity

Coaches' Meeting 4:30 PM

Open Stretch 4:35 PM

March In 4:55 PM

Competition 5:05 PM

Awards 7:00 PM

Sunday April 14, 2024

Session 5

Level XG: ASI Woodlands, Austin Gymnastics Club, El Sol Sports, iTumble, Showcase, TAAG, Velocity

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:25 AM

Competition 8:35 AM

Awards 11:15 AM

Sunday April 2, 2023

Session 6

Level 4: Altius, ASI Woodlands, Houston Elite, Star Gymnastics

Level 5: Altius, ASI Woodlands, Star Gymnastics

Level 6: Star Gymnastics

Level 7: Altius, Houston Elite

Level XP: Showcase, Velocity

Coaches' Meeting 12:00 PM

Open Stretch 12:05 PM

March In 12:25 PM

Competition 12:35 PM

Awards 3:15 PM

Session 7

Level XB: El Sol Sports, iTumble, Showcase, TAAG, Velocity

Coaches' Meeting 4:00 PM

Open Stretch 4:05 PM

March In 4:25 PM

Competition 4:35 PM

Awards 6:10 PM