

Girl Power

Hosted By: ASI Lakewood

January 18-19, 2025

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

Saturday January 18, 2025

Session 1

Level 3: ASI Allen, ASI Lakewood, ASI Plano West, Concho Valley, Forever, GymTricks, Plano Aerobats, Top Flight, TOPS Gymnastics

Coaches' Meeting	8:00 AM
Open Stretch	8:05 AM
March In	8:25 AM
Competition	8:35 AM
Awards	11: 20 AM

Session 2

Level 1: Forever, Top Flight

Level 2: Forever, GymTricks, Plano Aerobats, Top Flight

Level XB: Aero Gymnastics, Plano Aerobats, Spirals, Texas Tough

Coaches' Meeting	12: 05 PM
Open Stretch	12:10 PM
March In	12:30 PM
Competition	12:40 PM
Awards	2:45 PM

Session 3

Level 4: ASI Lakewood, Concho Valley, Forever, Plano Aerobats, Top Flight, TOPS

Level 5: Concho Valley, Plano Aerobats

Coaches' Meeting 3:30 PM

Open Stretch 3:35 PM

March In 3:55 PM

Competition 4:05 PM

Awards 6:05 PM

Sunday January 19, 2025

Session 4

Level 6: Concho Valley, Plano Aerobats, Top Flight

Level 7: Concho Valley

Level XG: Aero Gymnastics, GymTricks, Plano Aerobats, Spirals

Level XP: GymTricks, Spirals

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:25 AM

Competition 8:35 AM

Awards 11:30 AM

Session 5

Level XS: Aero Gymnastics, ASI Lakewood, GymTricks, Plano Aerobats, Spirals

Coaches' Meeting 12:15 PM

Open Stretch 12:20 PM

March In 12:40 PM

Competition 12:50 PM

Awards 2:45 PM

