

2024 Sand Dollar/Whitlow Invitational

Schedule

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Friday, January 19, 2024

Session 1 – Women's XD/XSA

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Action (XD/XSA)	Legacy (XD)
Aim High (XD)	Let It Shine (XD/XSA)
All Stars (XD)	North Port (XD)
Coastal Dreams (XD/XSA)	St. Louis (XD)
Dulles (XD/XSA)	Stars (XD/XSA)
Florida Elite (XD)	West GA (XD)
Gravity Forge (XD/XSA)	World Class (XD)

Level XD team awards

Session 2 – Women's Level 8

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

Aim High	Next Dimension
All Stars	Revolution
Bozhi's Gym Nest	Roswell
Coral Reef	St. Louis
Florida Elite	TGR
Gem State	VIGS
Jets	World Class
Legacy	

Session 3 – Women's Level 8

3:00 PM: General Stretch
3:15 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms:

Apollo	Splitz
Buckeye	Starlight
Coastal Dream	Suncoast
Great Northern	Thrive
Gymcats	US Gold
North Port	Victory Elite
RGA	Xtreme Heights
Sarasota	

Session 4 – Women's Level 8

6:30 PM: General Stretch
6:45 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Agility	Michigan Acad.
Alabama Starz	Orlando Metro
ASI	Perfect Balance
Bluewater	Rock Hill
Dream Xtreme	SE Elite
Head Over Heels	World Cup
Let It Shine	

Level 8 Team Awards

GYM A– Modified Capital Cup

Saturday, January 20, 2024

Session 5 – Women's Level 9

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Aim High	Gravity Forge	SE Elite
Alabama Starz	Gym Quest	Spirit
Apollo	Next Dimension	Splitz
Chelsea Piers	North Port	St. Louis
Coastal Dreams	Perfect Balance	Suncoast
Flip Zone	Revolution	VIGS
Flips	Roswell	Warwick

Session 6 – Women's Level 9

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

All Stars	Legacy
Buckeye	Let It Shine
Coral Reef	Novaks
Dream Xtreme	Orlando Metro
Gem State	RGA
Head Over Heels	Thrive

Session 7 – Women's Level 9/10

3:00 PM: General Stretch
3:15 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

Agility (L9)	Rock Hill (L9/10)
Aim High (L10)	Sarasota (L10)
Bozhi's Gym Nest (L9/10)	Set-10 (L10)
Coastal Dreams (L10)	SE, Elite (L10)
Cygnus (L9)	Starlight (L9/10)
Florida Elite (L9/10)	TGR (L9/10)
Great Northern (L9/10)	Thrive (L10)
Head Over Heels (L10)	US Gold (L10)
Jets (L9/10)	Victory Elite(L10)
Michigan Acad (L9/10)	VIGS (L10)
Novaks (L10)	World Class(L9/10)
Revolution (L10)	Xtreme Height (L10)
RGA (L10)	

Level 9 Team Awards

Session 8 –Women's Premier

6:15 PM: General Stretch
6:30 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

All Stars	Orlando Metro
Buckeye	Perfect Balance
Legacy	Roswell
Let It Shine	St. Louis

Level 10 Team Awards

Sunday, January 21, 2024

Session 9 – Women's XD

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:15 AM: Awards

Participating Gyms:

Agility	Lakewood Ranch
Apollo	Phoenixville
Boulder Flyers	Rock Hill
Chelsea Piers	Spirit
Cygnus	Suncoast
Gymcats	Warwick
Interstate	World Cup

XCEL Diamond Team Awards

Session 10 – Women's XP

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:30 PM: Awards

Participating Gyms:

Action	Florida Elite
Aim High	Michigan Acad
All Stars	St. Louis
Boulder Flyers	Stars
Chelsea Piers	TAG
Cream City	Warwick
Cygnus	

Session 11 – Women's XP

2:30 PM: General Stretch
2:45 PM: Timed Warm/Competition
5:45 PM: Awards

Participating Gyms:

Alabama Starz	Phoenixville
Bozhi's Gym Nest	Rock Hill
Dulles	Set-10
Gravity Forge	SE. Elite
Interstate	Starlight
Lakewood Ranch	Upward
North Port	Xtreme Heights
Orlando Metro	

Session 12 – Women's XP

5:45 PM: General Stretch
6:00 AM: Timed Warm/Competition
9:00 PM: Awards

Participating Gyms:

Apollo	Revolution
Flip Zone	Spirit
Gulf Coast Elite	Suncoast
Gymcats	TGR
Let It Shine	Victory Elite
Michigan Acad	World Class
Nook	

XCEL Platinum Team Awards

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Session 1 – Women’s XG

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Apollo	Revolution
Bluewater	Suncoast (10)
Eurogym	TGR
Flipout	US Gold
Perfect Balance	

Session 2 – Women’s XG

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
2:45PM: Awards

Participating Gyms:

Agility	SNHGA
Coastal Dreams	Stars
Dulles	Suncoast (11)
Nook	West GA
Set-10	

XCEL Gold Team Awards

Session 3 – Women’s Level 6

3:00 PM: General Stretch
3:15 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms:

Aim High	Nook
Bluewater	Perfect Balance
Cream City	Revolution
Let It Shine	Stars
Next Dimension	World Cup

Session 4 – Women’s Level 6

6:30 PM: General Stretch
6:45 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Action	Sarasota
Florida Elite	Set-10
Gem State	St. Louis
Great Northern	Suncoast
Jeune Aire	TGR
North Port	US Gold

GYM B– Modified Capital Cup

Saturday, January 20, 2024

Session 5 – Women’s Level 6

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Dream Xtreme	Orlando Metro (14)
Head Over Heels	Starlight
Legacy	TAG
Michigan Acad.	Victory Elite
New Bern	Xtreme Heights
Novaks	

Session 6 – Women’s Level 6

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

Agility	Michigan Acad
Alabama Starz	Orlando Metro (14)
ASI	Roswell
Flip Zone	VIGS
Flips	

Level 6 Team Awards

Session 7 – Women’s Level 7

2:45 PM: General Stretch
3:00 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

All Stars	Next Dimension
Buckeye	Perfect Balance
Coral Reef	Roswell
Flip Zone	St. Louis
Flips	Suncoast
Gem State	

Session 8 – Women’s Level 7

6:30 PM: General Stretch
6:45 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Action	Gymcats
Aim High	Head Over Heels
Apollo	Let It Shine
Bluewater	New Bern
Bozhi’s Gym Nest	Revolution
Chelsea Piers	Rock Hill
Cygnus	Set-10
Dream Xtreme	Starlight
Florida Elite	Victory Elite
Grand Traverse	World Class
Great Northern	

Sunday, January 21, 2024

Session 9 – Women’s Level 7

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Agility	Orlando Metro
Alabama Starz	SE Elite
ASI	Stars
Charis	TAG
Jeune Aire	TGR
Michigan Acad	US Gold
Nook	VIGS
Novaks	Xtreme Heights

Level 7 Team Awards

Session 10 – Women’s XG

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
2:10 PM: Awards

Participating Gyms:

ASI	SE Elite
Bozhi’s Gym Nest	Spirit
New Bern	US Gold
North Port	Upward
Rock Hill	Victory Elite

Session 11 – Women’s XG

2:10 PM: General Stretch
2:25 PM: Timed Warm/Competition
4:50 PM: Awards

Participating Gyms:

Action
Coastal Dreams
Flip Zone
Florida Elite (12)
Gulf Coast Elite
Let It Shine
Michigan Acad

Session 12 – Women’s XG

4:50 PM: General Stretch
5:05 AM: Timed Warm/Competition
7:30 PM: Awards

Participating Gyms:

Florida Elite (8)
Lakewood Ranch
Orlando Metro
Starlight
TAG
Tumblebees

XCEL Gold Team Awards

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GYM C – Modified Capital Cup

Friday, January 19, 2024

Session 1 – Women's Level 5

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:00 AM: Awards

Participating Gyms:

Agility	Set-10
ASI	SNHGA
Let It Shine	Splitz
Nook	Victory Elite
Orlando Metro	VIGS
Rock Hill	World Cup

Level 5 Team Awards

Session 2 – Women's Level 4

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
2:30 PM: Awards

Participating Gyms:

Action	Let It Shine
ASI	Michigan Acad (15)
Bluewater	Splitz
Eurogym	Victory Elite
Interstate	World Cup

Session 3 – Women's Level 4

2:30 PM: General Stretch
2:45 PM: Timed Warm/Competition
5:30 PM: Awards

Participating Gyms:

Agility	Orlando Metro (10)
Flips	Rock Hill
Gem State	Set-10
Grand Traverse	VIGS
Michigan Acad	(12)

Session 4 – Women's Level 4/XG

6:00 PM: General Stretch
6:15 PM: Timed Warm/Competition
9:30 PM: Awards

Participating Gyms:

Aim High (L4/XG)
All Stars (L4/XG)
Cream City (L4/XG)
Cygnus (L4/XG)
Interstate (XG)
Orlando Metro (L4 – 11)
Xtreme Air (L4/XG)
Xtreme Heights (L4/XG)

Level 4 & XG Teams

Saturday, January 20, 2024

Session 5 – Women's Level 3

8:00 AM: General Stretch
8:215 AM: Timed Warm/Competition
10:15 AM: Awards

Participating Gyms:

Action	Let It Shine
Agility	Orlando Metro (7)
Bluewater	SNHGA
Cygnus	Victory Elite
Eurogym	World Cup
Gem State	Xtreme Air

Session 6 – Women's Level 3

10:015 AM: General Stretch
10:30 AM: Timed Warm/Competition
12:30 PM: Awards

Participating Gyms:

Aim High	Orlando Metro (21)
Grand Traverse	Rock Hill
Michigan Acad	Splitz

Level 3 Team Awards

Session 7 – Women's XS

12:45 PM: General Stretch
1:00 PM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

Action	Rock Hill
Aim High	Set-10
Bluewater	SE Elite
Cygnus	Xtreme Air
Eurogym	Xtreme Heights
Interstate	

Session 8 – Women's Silver

3:00 PM: General Stretch
3:15 PM: Timed Warm/Competition
5:15 PM: Awards

Participating Gyms:

Apollo	Gulf Coast Elite
ASI	SNHGA
Dulles	Victory Elite
Flipout	

Session 9 – Women's Silver

5:30 PM: General Stretch
5:45 PM: Timed Warm/Competition
7:45 PM: Awards

Participating Gyms:

Lakewood Ranch (10)	TAG
Let It Shine	US Gold (12)
New Bern	West GA

Session 10 – Women's Silver

7:45 PM: General Stretch
8:00 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Florida Elite	Suncoast
Gem State	TGR
Lakewood Ranch (10)	US Gold (13)
Michigan Acad	

Sunday, January 21, 2024

Session 11 – Women's XS

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
10:15 AM: Awards

Participating Gyms:

Coastal Dreams
North Port
Orlando Metro
Perfect Balance
Starlight
Tumblebees

XCEL Silver Awards

Session 12 – Women's XB

10:15 AM: General Stretch
10:30 AM: Timed Warm/Competition
12:30 PM: Awards

Participating Gyms:

Coastal Dreams	Orlando Metro (14)
Dulles	Set-10
Florida Elite	Starlight
Gulf Coast Elite	Tumblebees (9)
Let It Shine	Xtreme Air
North Port	

Session 13 – Women's XB

12:30 PM: General Stretch
12:45 PM: Timed Warm/Competition
2:45 PM: Awards

Participating Gyms:

Apollo	SNHGA
Interstate	Suncoast
Lakewood Ranch	Tumblebees (10)
New Bern	Xtreme Heights
Orlando Metro	(16)

Session 14 – Womens Level 1/XB

2:45 PM: General Stretch
3:00 PM: Timed Warm/Competition
5:00 PM: Awards

Participating Gyms:

Cygnus (L1)	Spirit (XB)
Eurogym (L1)	TAG (XB)
Gem State (XB)	TGR (XB)
Orlando Metro (L1)	Victory Elite (L1/XB)

XCEL Bronze Team Awards

Session 15 – Women's Level 2

5:00 PM: General Stretch
5:15 PM: Timed Warm/Competition
7:00 PM: Awards

Participating Gyms:

Agility	Gem State
Aim High	Let It Shine
Bluewater	Orlando Metro
Cygnus	Victory Elite
Eurogym	

Level 2 Team Awards