

2025 Sand Dollar/Whitlow Invitational

Gym A Schedule

This is the schedule for the 2024 Sand Dollar/Whitlow Invitational. Although the session start/end times may change, the session assignments or days will not. Please check the web site (orlandometrogyms.com) prior to leaving for Orlando for the final session start times.

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Friday, January 24, 2025

Session 1 – Women’s XD

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

Participating Gyms:

Apollo	Planet
Elite Core	Raleigh SOG
FGTC	Renzi
Gym Like This	SGA
Islands Y	STARS
Lakewood Ranch	TAG USA
Maine Academy	World Class
Nashoba	

Session 2 – Women’s XD

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

Participating Gyms:

Arnold’s	Leading Edge
Coral Reef	Summit
Florida Elite	Team Attraction
LaFleur’s Largo	Thomas
LaFleur’s Tampa	Xquisite

Level XD team awards

Session 3 – Women’s Level 9/XSA

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

Participating Gyms:

Arnolda (XSA)	Ocean Flippers (L9)
Cabarrus County (L9)	SGA (L9)
Coral (L9)	Stallone (L9)
Florida Elite (L9)	Summit (L9)
Gym Richelieu (L9)	Sun Country (L9)
Gym Tek (L9)	TNT (L9)
I-Power (L9)	United Gymnastix(L9)
Islands Y (L9)	Victory Elite (L9)
JAG (L9)	World Class (XSA)

Level XSA team awards

Session 4 – Women’s Level 9

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

Participating Gyms:

Altadore	Lafleur’s Tampa.
Chantilly	Lone Mountain
Elite Core	Maine Academy
Gym Unlimited - NC	Revolution
Incline	Starlight
Jam Hops	Thomas
Jam Jev	Top
LaFleur’s Largo	United Dothan

GYM A– Modified Capital Cup

Saturday, January 25, 2025

Session 5 – Women’s Level 9

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

Participating Gyms:

American Twisters	Nashoba
Bart Conner	NTS
Believe	Orlando Metro
Gym Unlimited – FL	TAG Sports
International Gold	Xquisite
Lakewood Ranch	

Level 9 team awards

Session 6 – Women’s Level 10

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

Participating Gyms:

Altadore	
American Twisters (7)	Nashoba
Bart Connor	Ocean Flippers
<u>Believe</u>	Raleigh SOG
Carter’s	Renzi
Chantilly	SGA
Chattanooga	Southern Starz
Gym Unlimited – FL	Starlight
Gym Unlimited – NC	Summit
Gym USA	TAG Sports
Gym Olympic	Thomas
Gym Tek	United Gymnastix
LaFleur’s Largo	Victory Elite
Lakewood Ranch	World Class

Session 7 – Women’s Level 10

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

Participating Gyms:

American Twisters (11)	LaFleur’s Tampa
Florida Elite	NTS
Gold Coast	Orlando Metro
Gymnaska Voltigeurs	Palm Coast
Gym Richelieu	Revolution
Incline (2)	Southeastern (9)
Infiniti Elite (2)	Stallone
International Gold	TNT
Jam Jev	Xquisite (2)

Session 8 – Women L10 Premiere

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

Participating Gyms:

American Twisters (8)	Orlando Metro (8)
Bart Conner (4)	Southeastern (8)
Incline (8)	Stallone (8)
Infiniti Elite (4)	Xquisite (8)
JamJev (8)	

Level 10 Team Awards

Sunday, January 26, 2025

Session 9 – Women’s XP

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

Participating Gyms:

ASI	Rising Stars
Elite Core	SDA
Florida Elite	TAG USA
Gym Olympic	Thomas
LaFleur’s Largo	Xquisite
Renzi	

Session 10 – Women’s XP

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:00 PM: Awards

Participating Gyms:

Apollo	
Cabarrus County	
Cartersville	
Gym Like This	
Islands Y	
Jacksonville Academy	
JAG	
Planet	
Raleigh SOG	

Session 11 – Women’s XP

2:15 PM: General Stretch
2:00 PM: Timed Warm/Competition
5:00 PM: Awards

Participating Gyms:

Coral Reef	Midwest Elite
International Gold	Orlando Metro
LaFleur’s Tampa	STARS
Leading Edge	Team Attraction
Maine Academy	World Class

Session 12 – Women’s XP

5:00 PM: General Stretch
5:15 PM: Timed Warm/Competition
8:00 PM: Awards

Participating Gyms:

Alpha	R & R
Altadore	Revolution
Arnolds	Southern Staez
Lakewood Ramch	Starlight
Palm Coast	Victory Elite
Prestige	

XCEL Platinum Team Awards

12/15/24

2025 Sand Dollar/Whitlow Invitational

Gym B Schedule

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Friday, January 24, 2025

Session 1 – Women’s Level 8

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

Participating Gyms:

Cabarrus County	Ocean Flippers
Florida Elite	Summit
Gym Tek	Sun Country
EI-Power	United Gymnastix
LaFleur’s Largo	Victory Elite
Megagym	Xquisite
NTS	

Session 2 – Women’s Level 8

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
3:15 PM: Awards

Participating Gyms:

Apollo	Renzi
Chantilly	SGA
Chattanooga	STARS
FGTC	TAG USA
Gym Like This	TNT
Gymnastics USA	Top
Incline	United Dothan
Raleigh SOG	

Session 3 – Women’s Level 8

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

Participating Gyms:

Altadore	Leading Edge
Bart Connor	Lone Mountain
Cartersville	Maine Academy
Gravite	Morrison
Gym Unlimited – NC	Nashoba
Gymnaska Voltigeurs	Southern Starz
Jam Jev	Starlight
LaFleur’s Tampa	

Session 4 – Women’s Level 8

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

Participating Gyms:

Acrogym	Palm Coast
Believe	R & R
Carters	Southeastern
Gym Richelieu	Stallone
Lakewood Ranch	TAG Sports
Orlando Metro	Thomas

Level 8 Team Awards

GYM B

Modified Capital Cup Saturday, January 25, 2025

Session 5 – Women’s Level 7

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

Participating Gyms:

Apollo	Jam Hops
ASI	Raleigh SOG
Carter’s	SGA
Chantilly	STARS
Charis	Sun Country
Elite Core	Supernova
Florida Elite	TNT
Gym Unlimited – NC	Victory Elite
Gymnaska Voltigeurs	

Session 6 – Women’s Level 7

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

Participating Gyms:

Cartersville	NTS
FIT	Orlando Metro
Gravite	Southeastern
Incline	United Dothan
Jam Jev	Xquisite
LaFleur’s Tampa	

Session 7 – Women’s Level 7

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

Participating Gyms:

Bart Connor	NI-Power
Cabarrus County	Lakewood Ranch
Chattanooga	Lone Mountain
Coral Reef	TAG USA
FGTC	Thomas
Gym Like This	Top
Gym USA	

Session 8 – Women’s Level 7

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

Participating Gyms:

Altadore	Maine Academy
Believe	Nashoba
BIO	Palm Coast
Gym Unlimited - FL	Southern Starz
Gym Richelieu	Starlight
International Gold	Summit
JAG	TAG Sports
LaFleur’s Largo	

Level 7 Team Awards

Sunday, January 26, 2025

Session 9 – Women’s XG

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

Participating Gyms:

Altadore	Planet
Florida Elite	R&R
Gym Unlimited - FL	Renzi
Islands Y	Team Attraction
NTS	

Session 10 – Women’s XG

11:00 AM: General Stretch
11:15 AM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

Acrogym	Lakewood Ranch (14)
Alpha	Palm Coast
ASI	Prestige
LaFleur’s Largo	Revolution
LaFleur’s Tampa	TAG USA

Session 11 – Women’s XG

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

Participating Gyms:

Alpha	Jam Hops
Apollo (13)	Lakewood Ranch (14)
Arnold’s	Midwest Elite
Elite Core	Victory Elite
Jacksonville Acad.	

Session 12 – Women’s XG

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

Participating Gyms:

Apollo (13)
Coral Reef
Nashoba
Orlando Metro
Starlight
Thomas

XCEL Gold Team Awards

12/15/24

2025 Sand Dollar/Whitlow Invitational

Gym C Schedule

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GYM C – Modified Capital Cup

Friday, January 24, 2025

Session 1 – Women’s Level 4/5

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

Participating Gyms:

Acrogym (L4&5) JAG (L5)
Altadore (L4&5) Morrison (L5)
Arnold’s (L4&5) Orlando Metro (L4)-12
ASI (L4&5) Revolution (L5)
Believe (L5) South Miami (L4&5)
Gravite (L5) Supernova(L4&5)
Gymnaska Voltigeurs (L5) Thomas(L5&5)

Level 5 Team Awards

Session 2 – Women’s Level 4

11:00 AM: General Stretch
11:15 AM: Timed Warm/Competition
2:00 PM: Awards

Participating Gyms:

Believe Jam Hops
Elite Core Maine Academy
Gravite Morrison’s
Gym Voltigeurs Orlando Metro(20)
Gym Olympic R & R
JAG Revolution

Level 4 Team Awards

Session 3 – Women’s XS

2:00 PM: General Stretch
2:15 PM: Timed Warm/Competition
4:15 PM: Awards

Participating Gyms:

Apollo Nashoba
ASI Palm Coast
Jam Hops Planet
Lakewood Ranch(19) Renzi

Session 4 – Women’s XS

4:15 PM: General Stretch
4:30 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms:

Elite Core Raleigh SOG
FGTC Revolution
Gym Like This TAG USA
Lakewood Ranch (19)

Session 5 – Women’s XS

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

Participating Gyms:

Apollo JAG
Arnold’s SGA
Florida Elite Victory Elite
International Gold world Class

Saturday, January 25, 2025

Session 6 – Women’s XS

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

Participating Gyms:

Alpha Maine Academy
Coral Reef Orlando Metro (22)
FIT Top Flight
Jacksonville Academy

Session 7 – Women’s XS

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

Participating Gyms:

Alpha South Miami
Islands Y Starlight
Midwest Elite Thomas
Orlando Metro (22)

XCEL Silver Team Awards

Session 8 – Women’s Level 3

12:45 PM: General Stretch
1:00 PM: Timed Warm/Competition
3:30 PM: Awards

Participating Gyms:

Acrogym Maine Academy
Arnold’s Morrison
Elite Core Nishida’s
Gravite Orlando Metro (22)
JAG Thomas

Session 9 – Women’s Level 3

3:30 PM: General Stretch
3:45 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

Altadore Orlando Metro (22)
Believe R & R
Chantilly South Miami
Gym Olympic Victory Elite
Jam Hops

Level 3 Team Awards

Session 10 – Women’s XB

6:30 PM: General Stretch
6:45 PM: Timed Warm/Competition
9:00 PM: Awards

Participating Gyms:

Florida Elite
Gym Olympic
Raleigh SOG
Rising Stars
SGA
TAG USA
World Class

XCEL Bronze Team Awards

Sunday, January 26, 2025

Session 11 – Women’s XB

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

Participating Gyms:

Apollo JAG
Gym Like This Lakewood Ranch (19)
Islands Y Palm Coast
Jacksonville Acad. Prestige

Session 12 – Women’s XB

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

Participating Gyms:

Action
Alpha
Coral Reef
Jam Hops
Lakewood Ranch (18)
Orlando Metro (14)

Session 13 – Women’s XB

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

Participating Gyms:

FGTC
Nashoba
Orlando Metro (15)
R & R
Starlight
Thomas

XCEL Bronze Team Awards

Session 14 – Women’s Level 2

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

Participating Gyms:

Acrogym Orlando Metro
Gravite R & R
Gym Like This South Miami
Maine Academy Supernova
Nishida’s

Level 2 Team Awards

Session 15 – Women’s Level 1

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

Participating Gyms:

Acrogym
Gravite
Nishida’s
Orlando Metro
Victory Elite

Level 1 Team Awards

2025 Sand Dollar/Whitlow Invitational

Gym D Schedule

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Modified Traditional

Friday, January 24, 2025

Session 1 – Men’s Level 3

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

Participating Gyms:

Ace	Orlando
Balance	Orlando Metro
Golden City	RAD
Gulf Coast Elite	Sun Country
Islands Y	Supernova
MGA Elite	TGR
Nishida’s	TNT
Nova	Top Contenders
NTS	Tumblebees

Level 3 Team Awards

Session 2 – Men’s Level 4

10:15 AM: General Stretch
10:30 AM: Timed Warm/Competition
1:45 PM: Awards

Participating Gyms:

Ace	Orlando
Balance	Orlando Metro
Golden City	RAD
Gulf Coast Elite	Sun Country
Gymnastix	TGR
Islands Y	TNT
Maine Academy	Top Contenders
MGA Elite	Tumblebees
Nova	

Level 4 Team Awards

Session 3 – Men’s Level 5-7, XS

1:45 PM: General Stretch
2:00 PM: Timed Warm/Competition
5:30 PM: Awards

Participating Gyms:

Ace	MGA Elite
Balance	Nova
Cartersville	NTS
Golden City	RAD
Gymnastix	Sun Country
Incline	TGR
Islands Y	TNT
Maine Academy	Top Contenders

Level 5 & 7 Team Awards

Session 4 – Men’s Level 8-10

5:30 PM: General Stretch
5:45 PM: Timed Warm/Competition
9:45 PM: Awards

Participating Gyms:

Balance	Orlando
Cartersville	Orlando Metro
Golden City	Southern Starz
Gulf Coast Elite	Sun Country
Gymnastix	TGR
Incline	TNT
Islands Y	Top Contenders
NTS	Tumblebees

Team Awards

Modified Capital Cup Saturday, January 25, 2025

Session 5 – Women’s Level 6

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

Participating Gyms:

Altadore	Jam Jev
Chattanooga	LaFleur’s Largo
FGTC	Morrison
Gravite	Southeastern
Gym Like This	Southern Starz
Gym USA	TAG USA
JAG	

Session 6 – Women’s Level 6

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

Participating Gyms:

ASI	Jam Hops
FGTC	Palm Coast
Florida Elite	Raleigh SOG
Gym Unlimited - NC	SGA
Gymnaska Voltgeurs	Supernova
I-Power	TNT

Session 7 – Women’s Level 6

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

Participating Gyms:

BIO	Nashoba
Carter’s	R & R
Cartersville	Starlight
Charis	Summit
Gym Unlimited – FL	United Dothan
Megagym	

Session 8 – Women’s Level 6

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

Participating Gyms:

Alpha
Chantilly
Elite Core
Islands Y
Lakewood Ranch
NTS
Orlando Metro (17)
Revolution
Thomas

Sunday, January 26, 2025

Session 9 – Women’s Level 6

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

Participating Gyms:

Acrogym
Believe
Cabarrus County
LaFleur’s Tampa
Leading Edge
Maine Academy
Orlando Metro (17)
South Miami
STARS
Top Flight
Victory Elite

Level 6 Team Awards

Session 10 – Women’s XG

11:00 AM: General Stretch
11:15 AM: Timed Warm/Competition
2:15 PM: Awards

Participating Gyms:

International Gold
Leading Edge
Maine Academy
SGA (16)
South Miami
STARS
Top Flight
World Class

Session 11 – Women’s XG

2:15 PM: General Stretch
2:30 PM: Timed Warm/Competition
5:30 PM: Awards

Participating Gyms:

Cartersville
FIT
Flip Zone
Florida Elite
Gym Like This
JAG
Raleigh SOG
SGA (16)

XCEL Gold Team Awards

12/15/2024