

Welcome to Orlando

On behalf of Orlando Metro Gymnastics and the Elite Gymnastics Organization (EGO) Booster Club, the parent group of Orlando Metro Gymnastics, welcome to the Sand Dollar Whitlow Invitational in Orlando! While you are here, we hope that you will enjoy our beautiful weather, the magic of Walt Disney World Resort, and some world class gymnastics! It is the goal of Orlando Metro Gymnastics and the EGO Booster Club to execute a first class gymnastics meet and combine it with a fabulous family vacation.

The Sand Dollar Invitational was first held in January 1997 in Downtown Orlando. Within two years, it was relocated to the ESPN Wide World of Sports at the Walt Disney World Resort to accommodate the large number of participating athletes. Then, in 2001, it expanded to include the men's Whitlow Invitational. Over the years, we have seen both future NCAA All American and Olympic medal winning men and women gymnasts compete at the Sand Dollar Whitlow Invitational. We will again be a Nastia Liukin qualifying meet in 2021. This meet has been an elite qualifier and one of the premier gymnastics meets in the country for both men and women. This year we have gymnasts competing from 31 states and 4 countries. We are honored you have chosen to attend our 23rd year Anniversary of The Sand Dollar/Whitlow Invitational. Orlando Metro Gymnastics and the EGO Boosters Club are excited to be celebrating 28 years of Excellence in Gymnastics.

The Whitlow invitational began in 1985 as a men's meet called the Central Florida Invitational. In 1995, the name was changed to the Whitlow Invitational in memory of Sue Whitlow. Sue's children, Brett and Lisa, were both gymnasts and Sue dedicated many hours to the gymnastics program and the Central Florida Invitational for many years. Sue lost her battle to cancer, but her dedication to the sport is an inspiration to everyone.

We are pleased to present each gymnast with a beach themed gift and the winning gymnasts with our signature medals and special awards. Our event and All Around medals are cast from treasures of the sea and our prestigious Sand Dollar Whitlow Globe is given to the gymnast with the highest all-around score in their level throughout all sessions of that level. Team awards are one of a kind ocean themed glass trophies and the winning level 10 team also receives 10 free entry fees for the following year's meet. Another special award is the George Family Spirit Award. This award is voted on by the judges and is given to the girls' level 10 team that shows the most spirit. This award honors the George family whose 2 daughters persevered through very difficult times and both received collegiate gymnastics scholarships.

Thank you for participating in the 2020 Sand Dollar Whitlow Invitational. Best wishes to all of our competing gymnasts for a fantastic meet and many magical memories!

May all of your wishes come true!