

2021 Sand Dollar/Whitlow Invitational

Schedule

This is the schedule for the 2021 Sand Dollar/Whitlow Invitational. Although the session start times may change, the session assignments or days will not. Please check the web site (www.egoboosters.org) prior to leaving for Orlando for the final session start times. **Requests to change sessions at this point cannot be honored.** We will have 3 gyms running simultaneously. Gyms A, B, & C.

Friday, January 22, 2021

Session 1 – Women’s Level 1

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
9:45 AM: Awards

Participating Gyms:

FGTC Tumblebees Jupiter
Lakewood Ranch Tumblebees Miami
Orlando Metro

Level 1 Team Awards

Session 2 – Women’s Level 2

10:15 AM: General Stretch
10:30 AM: Timed Warm/Competition
12:45 PM: Awards

Participating Gyms:

FGTC Orlando Metro
Golden City Summit
High Point Tumblebees Jupiter
Lakewood Ranch Tumblebees Miami
North Port Victory Elite
Northwest

Level 2 Team Awards

Session 3 – XCEL Bronze

1:15 PM: General Stretch
1:45 PM: Timed Warm/Competition
3:45 PM: Awards

Participating Gyms:

Aurelian Lakewood Ranch
Christi’s Northwest
Elite - FL Orlando Metro
FGTC TGR
First Coast Tumblebees Jupiter
Florida Elite Tumblebees Miami
Golden City

XCEL Bronze Team Awards

Session 4 – XCEL Silver

4:15 PM: General Stretch
4:35 PM: Timed Warm/Competition
6:45 PM: Awards

Participating Gyms:

Christi’s Golden City
Elite - FL Northwest
First Coast TGR
Florida Elite

Session 5 – XCEL Silver

7:15 PM: General Stretch
7:35 PM: Timed Warm/Competition
9:45 PM: Awards

Participating Gyms:

BIO Orlando Metro
EVO Southern Starz
FGTC Tumblebees Jupiter
Lakewood Ranch Tumblebees Miami

XCEL Silver Team Awards

GYM B – Modified Capital Cup

Saturday, January 23, 2021

Session 6 – Women’s Level 3

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
10:00 AM: Awards

Participating Gyms:

Aurelian High Point
Capital Lakewood Ranch
Florida Elite Summit
Golden City Tumblebees Miami

Session 7 – Women’s Level 3

10:30 AM: General Stretch
10:50 AM: Timed Warm/Competition
12:30 PM: Awards

Participating Gyms:

FGTC Orlando Metro
North Port Starlight
Northwest Tumblebees Jupiter

Level 3 Team Awards

Session 8 – XCEL Gold

1:00 PM: General Stretch
1:20 PM: Timed Warm/Competition
4:00 PM: Awards

Participating Gyms:

Aurelian GAGE
Bozhi’s Northwest
Christi’s Orlando Metro
EVO Starlight
First Coast Tumblebees Jupiter
Florida Elite Victory Elite

Session 9 – XCEL Gold

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

Participating Gyms:

BIO International Gold
Elite - FL Lakewood Ranch
FGTC Southern Starz
Genie’s TGR
Golden City Tumblebees Miami

XCEL Gold Team Awards

Session 10 – Women’s Level 4

8:00 PM: General Stretch
8:20 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Capital Summit
First Coast Tumblebees Miami
Florida Elite Victory Elite
Golden City

Sunday, January 24, 2021

Session 11 – Women’s Level 4

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
10:45 AM: Awards

Participating Gyms:

Aurelian Orlando Metro
High Point Starlight
Lakewood Ranch Tumblebees Jupiter
North Port

Level 4 Team Awards

Session 12 – XCEL

Platinum/Diamond

11:15 AM: General Stretch
11:45 AM: Timed Warm/Competition
2:45 PM: Awards

Participating Gyms:

Aurelian North Port
BIO Northwest
Bozhi’s Orlando Metro
FGTC Southern Starz
Florida Elite Starlight
GAGE TGR
Golden City Tumblebees Miami
International Gold Zanesville
Lakewood Ranch

Session 13 – Women’s Level 5

3:15 PM: General Stretch
3:35 PM: Timed Warm/Competition
5:45 PM: Awards

Participating Gyms:

Elite - FL North Port
FGTC North Shore
Florida Elite Orlando Metro
Golden City Summit
High Point Tumblebees Miami

Level 5 Team Awards

