

2022 Sand Dollar/Whitlow Invitational

Final Schedule

GYM A– Modified Capital Cup

Friday, January 21, 2022

Session 1 – Women’s Level 8

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Above & Beyond	Memphis Elite
All Around	Prestige
Cahoy’s	Rebounders
Christi’s	The Matrix
Enso Elite	Victory Elite
Higo Elite	West GA
Legacy	

Session 2 – Women’s Level 8

11:30 AM: General Stretch
11:50 AM: Timed Warm/Competition
2:45 PM: Awards

Participating Gyms:

Aim High	Park Ave
Apollo	Perry Juniata
Great Lakes	Premier
Gym Plus	Revolution
Mercury	Southern Starz
NOVA	Suncoast
Palm Beach Gym	TGR
Palm Coast	West Broward

Session 3 – Women’s Level 8

3:00 PM: General Stretch
3:20 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms:

360	Lake City
AJS Pancott	Northwest
Dave’s	Orlando Metro
Dulles	Paragon
Gym World	Springs
Gym-Nest	Starlight
LaFleur’s	

Level 8 Team Awards

Session 4 – Women’s Level 9

6:30 PM: General Stretch
6:50 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Aim High	Legacy
Airborne – CO	Mercury
Airborne - OK	Palm Beach Gym
Cahoy’s	Palm Coast
Dave’s	Premier
Gateway	Sun Country
Gold Coast	Zenith
Higo Elite	

Saturday, January 22, 2022

Session 5 – Women’s Level 9

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

Action	LaFleur’s
AJS Pancott	Lakewood Ranch
All Around	Orlando Metro
Apollo	Prestige
Dulles	Roswell

Session 6 – Women’s Level 9/10

11:30 AM: General Stretch
11:50 AM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

360 (L9/10)	RAD (L9/10)
Apollo (L10)	Revolution (L9)
Enso Elite (L9/10)	Springs (L9)
Gym-Nest (L9)	Starlight (L9/10)
Lake City (L10)	Starlight (L9/10)
Orlando Metro (L9-4)	Suncoast (L9)
Paragon (L9/10)	TGR (L9/10)
Park Ave (L9/10)	West GA (L10)

Level 9 Team Awards

Session 7 – Women’s Level 10

3:00 PM: General Stretch
3:20 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

Aim High	Gymstrada
Airborne - CO	Precision
Airborne - OK	Premier
AJS Pancott	Revolution
Eagles	Roswell
Gateway	Southern Starz

Session 8 – Women’s Level 10 Premier

6:15 PM: General Stretch
6:35 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

LaFleur’s	Prestige
Lakewood Ranch	Sun Country
Legacy	Zenith
Orlando Metro	

Level 10 Team Awards

Sunday, January 23, 2022

Session 9 – Women’s Platinum

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:00 AM: Awards

Participating Gyms:

Action
AJS Pancott
Elite - MA
Extreme
NOVA
Palm Coast
Precision
Rebounders
Suncoast
Twin City

Session 10 – Women’s Platinum

11:00 AM: General Stretch
11:20 AM: Timed Warm/Competition
2:15 PM: Awards

Participating Gyms:

Aim High
Apollo
Gym World
LaFleur’s
Legacy
Northwest
Paragon
Premier
Southern Starz
West Broward

Session 11 – Women’s Platinum

2:15 PM: General Stretch
2:35 PM: Timed Warm/Competition
5:00 PM: Awards

Participating Gyms:

Above & Beyond
Black Canyon
Dulles
Gym Plus
Lakewood Ranch
Orlando Metro
Starlight
TGR
The Matrix
The Rock

XCEL Platinum Team Awards

1/8//2022