

2023 Sand Dollar/Whitlow Invitational

Schedule - Updated

This is the schedule for the 2023 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. **Requests to change sessions at this point cannot be honored.** We will have 7 gyms running simultaneously, Gyms A, B, C, D, E, F & G.

GYM A – Modified Capital Cup

Friday, January 20, 2023

Session 1 – Women’s Level 10

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

Participating Gyms:

Believe Palm Coast

Elite - FL	Perfect Balance
Elmwood	Raleigh
Florida Elite	Rebound - NJ
Hurricane	Triad
IK	US Gym - NJ
Liberty	Win-Win

Session 2 – Women’s Level 10

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

Participating Gyms:

Branch	London
Capital City Flips	Mavericks
GAC	TGR
Golden Grip	VIGS
LaFleur’s - WI	Virginia Tech.
Legacy - FL	Xtreme - MO

Session 3 – Women’s Level 10

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

Participating Gyms:

Aerials - CO	Iowa Gym-Nest
Coast Elite	LaFleur’s Largo
Deveau’s	Michigan Elite
FIT	Mountain West
Five Star	Queen City
Future	TNT - WI
Golden City	

Session 4 – Women’s Level 10

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

Participating Gyms:

All American Flames
Apex (10)
Brandy Johnson’s (11)
Gotham
JPAC
Perfection
Pitt. Northstars

Saturday, January 21, 2023

Session 5 – Women’s Level 10

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

Participating Gyms:

Brestyan’s (17)
Legacy Elite (16)
Pearland Elite (15)
Sonshine (15)

Session 6 – Women’s Level 10

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

Participating Gyms:

Capital – TX (9)
Everest (11)
Sonshine (8)
Southeastern (10)
Twin City Twisters (7)
WCC

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 (8)
GymNasti
LaFleur’s Tampa (7)
Metroplex (12)
Olympus (13)
Orlando Metro (11)
Summit

Session 8 – Women’s Premier

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

Participating Gyms:

American Twisters (4)	Metroplex (4)
Apex (4)	Olympus (4)
Brandy Johnson’s (4)	Orlando Metro (4)
Brestyan’s (4)	Pearland Elite (4)
Capital – TX (4)	Sonshine (4)
Everest (4)	Southeastern (4)
LaFleur’s Tampa (4)	Twin City Twisters (4)
Legacy Elite (4)	WCC (4)

Level 10 Team Awards

Sunday, January 22, 2023

Session 9 – Women’s Level 9/10

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

Participating Gyms:

316 (9/10)	Hotshots (9/10)
Atlantic Coast (10)	Infinity-MI (9/10)
Bozhi’s Gym-Nest (9/10)	Integrity (10)
C & C (9/10)	Missouri Elite (9/10)
Chalk It Up (10)	Next Dimension (10)
Eagle (9/10)	
Epic (10)	Southeastern Elite(9/10)
EVO (10)	Southern Starz (9/10)
FGTC (9/10)	Starlight (9/10)
Five Star (9)	Trussville (10)
Force (9/10)	Wichita (9/10)
Genie’s (10)	Zanesville (9/10)
Gymfinity (10)	

Nastia Cup Presentation

Session 10 – Women’s Diamond/Sapphire

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:45 PM: Awards

Participating Gyms:

Deveau’s	LaFleur’s Largo
Dreams	Mountain West
Empire	O’Leary’s
Epic	Precision
EVO	Suncoast
Golden City	TNT – WI
Infinity - MI	
JPAC	

XCEL Sapphire Team Awards

Session 11 – Women’s Diamond

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

Participating Gyms:

All Pro	Orlando Metro
Arnold’s	Pitt. Northstars
Branch	Raleigh
Dulles	Renegade
Florida Elite	Rock Hill
LaFleur’s Tampa	Xtreme Height

XCEL Diamond Team Awards

1/12/2023