

# 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 B- Modified Capital Cup

#### Friday, January 20, 2023

##### Session 1 – Women’s Level 9

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

###### Participating Gyms:

Apex	Premier
Epic	Rock Hill
Golden City	Saultos
Gotham (7)	Summit
Legacy - FL	TGR
Next Dimension	Victory

##### Session 2 – Women’s Level 9

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

###### Participating Gyms:

Believe	JPAC
Elmwood	LaFleur’s Largo
Gotham (11)	Queen City
Gulf Coast Elite	Triad
Hurricane	US Gym - NJ

##### Session 3 – Women’s Level 9

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

###### Participating Gyms:

Capital City Flips	LaFleur’s - WI
GAC	Mavericks
Golden Grip	Metroplex (12)
Gymfinity	Perfect Balance
Gym-Nest	Virginia Tech.
IK	Xtreme - MO

##### Session 4 – Women’s Level 9

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

###### Participating Gyms:

Everest  
Future  
Metroplex (8)  
Orlando Metro  
Sonshine  
VIGS  
WCC

###### Level 9 Team Awards

#### Saturday, January 21, 2023

##### Session 5 – Women’s Level 9

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

###### Participating Gyms:

Atlantic Coast	Iowa Gym-Nest
Brandy Johnson’s	JAG
Capital - TX	Michigan Elite
Deveau’s	Nova
Elite - FL	TNT - WI
Florida Elite	Twin City Twister
Gym USA	United - PSL
	Xtreme Heights

##### Session 6 – Women’s Level 9

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

###### Participating Gyms:

Aerials - CO	Nashville
Arnold’s	Olympus
Branch	Perfection
GymNasti	Pitt. Northstars
Hocking Valley	Raleigh
LaFleur’s Tampa	Tumbleweeds
Legacy Elite	Victory Elite

##### Session 7 – Women’s Level 9

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

###### Participating Gyms:

All American Flames	Michigan Acad.
Brestyan’s	Mountain West
Coast Elite	Pearland Elite
Flip Stars	Southeastern
Integrity	West Broward
Liberty	

###### Level 9 Team Awards

##### Session 8 – Women’s Platinum

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

###### Participating Gyms:

All Pro	Infinity - MI
Arnold’s	Palm Coast
Atlantic Coast	Pitt. Northstars
Bozhi’s Gym-Nest	Rock Hill
Brandy Johnson’s	Southeastern Elite
Campia	Sunny
FGTC	
Five Star	

#### Sunday, January 22, 2023

##### Session 9 – Women’s Platinum

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

###### Participating Gyms:

Gymfinity	Mountain West
Hocking Valley	O’Leary’s
Iowa Gym-Nest	Peach State
LaFleur’s Largo	Stars
LaFleur’s Tampa	TGR
Michigan Acad.	

##### Session 10 – Women’s Platinum

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

###### Participating Gyms:

Coast Elite  
Dulles  
EVO  
FIT  
Florida Elite  
Genie’s  
Raleigh  
Southern Starz  
TNT - WI  
West Broward

##### Session 11 – Women’s Platinum

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

###### Participating Gyms:

Chalk It Up	Integrity
Dreams	Legacy - FL
Empire	Orlando Metro
Epic	Precision
Future	Premier
Golden City	Suncoast

###### XCEL Platinum Team Awards

1/10/2023

