

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 C – Modified Traditional

Friday, January 20, 2023

Session 1 – Men’s Level 4/XG

8:30 AM: General Stretch
8:45 AM: Timed Warm/Competition
11:15 AM: Awards

Participating Gyms:

Aim High	Michigan Elite
Bayside	Nova
Boundless	Orlando
Eagle	RAD
Golden Grip	SEGA
Gulf Coast Elite	TGR
IK	Top Flight
MGA	

Session 2 – Men’s Level 4

12:45 PM: General Stretch
1:00 PM: Timed Warm/Competition
3:45 PM: Awards

Participating Gyms:

Ace	Gold Coast
All American Flames	Golden City
Bozhi’s Gym Nest	Gulf Coast Elite
Capital City Flips	LaFleur’s
Dreams	Michigan Acad.
Elite – FL	Orlando Metro
EVO	South Miami
FGTC	TNT - FL

Level 4 Team Awards

Session 3 – Men’s Level 5

5:00 PM: General Stretch
5:15 PM: Timed Warm/Competition
8:30 PM: Awards

Participating Gyms:

Ace	IK
Bayside	LaFleur’s
Boundless	Let It Shine
Eagle	Michigan Acad.
Elite – FL	Michigan Elite
EVO	Nova
FGTC	Orlando Metro
GAC	South Miami
Golden Grip	Southern Starz
Gulf Coast Elite	TGR
Gymnastics Du Sol	Top Flight
	WCA

Level 5 Team Awards

Saturday, January 21, 2023

Session 4– Men’s Level 7

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

Participating Gyms:

Ace	Gold Coast
All American Flames	Gulf Coast Elite
Bayside	LaFleur’s
Boundless	Let it Shine
Branch	Michigan Acad.
Eagle	SEGA
EVO	TGR
FGTC	TNT - FL
GAC	

Level 7 Team Awards

Session 5– Men’s Levels 6 & 9

12:15 PM: General Stretch
12:30 PM: Timed Warm/Competition
3:40 PM: Awards

Participating Gyms:

Ace	Gulf Coast Elite
All American Flames	Gym Plus - LA
Eagle	IK
Elite - FL	Let It Shine
EVO	Michigan Acad.
FGTC	Michigan Elite
Gold Coast	Orlando
Golden City	Orlando Metro
	South Miami

Level 6 & 9 Team Awards

Session 6 – Men’s Levels 8/10/XP

5:00 PM: General Stretch
5:15 PM: Timed Warm/Competition
8:45 PM: Awards

Participating Gyms:

Ace	Golden Grip
All American Flames	Gym Plus - LA
Boundless	IK
Bozhi’s Gym Nest	Let It Shine
Branch	Michigan Acad.
Capital City Flips	Michigan Elite
Eagle	Nova
Elite – FL	SEGA
FGTC	TGR
Future	WCA
Gold Coast	

Level 8 & 10 Team Awards

Sunday, January 22, 2023

Session 7 – Men’s Level 3

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

Participating Gyms:

Aim High	IK
All American Flames	LaFleur’s
Bozhi’s Gym Nest	Michigan Acad.
Capital City Flips	Nova
Eagle	SEGA
Elite – FL	South Miami
EVO	TGR
Gold Coast	TNT - FL
Golden Grip	Top Flight
Gulf Coast Elite	WCA

Session 8 – Men’s Level 3/XB/XS

12:30 PM: General Stretch
12:45 PM: Timed Warm/Competition
3:30 PM: Awards

Participating Gyms:

Ace	Gymnastics Du Sol
Balance	MGA
Bayside	Orlando
EVO	Orlando Metro
FGTC	RAD
Golden City	

Level 3 Team Awards

1/10/2023

