

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 D- Modified Traditional

Friday, January 20, 2023

Session 1 – Women’s Level 5

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

Participating Gyms:

All American Flames	Gym Plus
All Pro	Nova
Campia	O’Leary’s
Capital - TX	Orlando Metro
Cutting Edge	Pitt. Northstars
Dreams	Queen City
Empire	The Palaestra
GMS	Victory Elite

Session 2 – Women’s Level 5

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

Participating Gyms:

Arnold’s	IK
Bay Area	Integrity
Eagle	Iowa Gym-Nest
Epic	Liberty
Flip Stars	Mountain West
Golden City	Rock Hill
Gym World	Victory

Level 5 Team Awards

Session 3 – Women’s Level 6

2:00 PM: General Stretch
2:15 PM: Timed Warm/Competition
6:00 PM: Awards

Participating Gyms:

Brandy Johnson’s	Legacy Elite
Flip Stars	Next Dimension
GMS	Sonshine
Gym USA	TGR
Hotshots	

Session 4 – Women’s Level 6

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

Participating Gyms:

Eagle	Gulf Coast Elite
Elite - FL	IK
Epic	Mavericks
Florida Elite	Michigan Elite
Genie’s	Nova

Level 6 Team Awards

Saturday, January 21, 2023

Session 5 – Women’s Level 6

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

Participating Gyms:

Cutting Edge	Palm Coast
Empire	Starlight
Liberty	US Gym - NJ
Metroplex	

Session 6 – Women’s Level 6

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

Participating Gyms:

Believe	Mountain West
Chalk It Up	Premier
FGTC	Southern Starz
Infinity – MI	Trussville
Integrity	

Session 7 – Women’s Level 6

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

Participating Gyms:

316
All Pro
Apex
Elmwood
Future
Iowa Gym Nest
JAG
Perfect Balance
United - PSL

Session 8 – Women’s Level 6

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

Participating Gyms:

Coast Elite
Perfection
Raleigh
Renegade
VIGS
Wichita

Level 6 Team Awards

Sunday, January 22, 2023

Session 9 – Women’s Level 6

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

Participating Gyms:

Campia
Charis
Golden City
Gym World
Legacy - FL
London
Rock Hill
Saultos
Tumbleweeds
Victory Elite
Victory
Virginia Tech.

Session 10 – Women’s Level 6

11:45 PM: General Stretch
12:00 PM: Timed Warm/Competition
4:00 PM: Awards

Participating Gyms:

Arnold’s
LaFleur’s Tampa
Orlando Metro
Pearland Elite
Pitt. Northstars
Precision
Xtreme Heights
Zanesville

Level 6 Team Awards

1/10/2023

