

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 F– Modified Capital Cup

Friday, January 20, 2023

Session 1 – Women’s Level 8

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

Participating Gyms:

C & C	Legacy Elite
Everest	Maverick’s
GAC	Metroplex
Iowa Gym-Nest	Michigan Elite
LaFleur’s Largo	VIGS

Session 2 – Women’s Level 8

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

Participating Gyms:

Aerials - CO	Gym-Nest
All American Flames	O’Leary’s
Brandy Johnson’s	Raleigh
Coast Elite	Sonshine
Elite – FL	Southeastern Elite
FIT	Summit
Genie’s	Suncoast
Gym USA	Victory Elite

Session 3 – Women’s Level 8

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

Participating Gyms:

Apex	Infinity - MI
Believe	Legacy - FL
Campia	London
Elmwood	Palm Coast
Epic	Rock Hill
FGTC	Triad
Florida Elite	WCC
Gulf Coast Elite	Win-Win
Hurricane	

Session 4 – Women’s Level 8

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

Participating Gyms:

Arnolds	Queen City
Capital – TX	Rebound
Five Star	Saultos
Flip Stars	Southern Starz
Hotshots	Starlight
Integrity	US Gym - NJ
Liberty	Victory
Next Dimension	Virginia Tech.
Perfect Balance	Xtreme – MO

Level 8 Team Awards

Saturday, January 21, 2023

Session 5 – Women’s Level 8

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

Participating Gyms:

GymNasti	Olympus
LaFleur’s Tampa	Perfection
LaFleur’s - WI	Precision
Michigan Acad.	Southeastern
Nashville	TGR
	Tumbleweeds

Session 6 – Women’s Level 8

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

Participating Gyms:

316	Future
Atlantic Coast	Orlando Metro
Bozhi’s Gym Nest	Pearland Elite
Brestyan’s	Stars
Camden	United - PSL
Deveau’s	West Broward
Eagle	

Session 7 – Women’s Level 8

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

Participating Gyms:

Branch
Carter’s
Deveau’s
Golden City
Gotham
IK
Pitt. Northstars
Zanesville

Level 8 Team Awards

Session 8 – Women’s Level 7

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

Participating Gyms:

316	Mountain West
Believe	Nova
Dreams	O’Leary’s
Elite – FL	Saultos
Flip Stars	Starlight
GMS	United - PSL
Golden City	US Gym-NJ
Gym World	Zanesville

Sunday, January 22, 2023

Session 9 – Women’s Level 7

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

Participating Gyms:

Apex
Carter’s
Cutting Edge
GAC
Legacy Elite
Liberty
Metroplex
Nashville
Olympus

Session 10 – Women’s Level 7

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

Participating Gyms:

C & C	Hocking Valley
Capital – TX	Iowa Gym-Nest
Chalk It Up	London
Charis.	Next Dimension
Five Star	Raleigh
Future	Trussville
Gulf Coast Elite	Victory
Gymfinity	Wichita

Session 11 – Women’s Level 7

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

Participating Gyms:

Genie’s
Orlando Metro
Pearland Elite
Premier - FL
TNT - WI

Level 7 Team Awards

1/10/2023

