

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 G– Modified Capital Cup

Friday, January 20, 2023

Session 1 – Women’s XCEL Gold

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

Participating Gyms:

Bozhi’s Gym Nest	JAG
Epic	Southern Starz
FGTC	Starlight
FIT	Stars
Genie’s	Sunny
Gymfinity	

Session 2 – Women’s XCEL Gold

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

Participating Gyms:

Chalk It Up	Premier
EVO	Renegade
Florida Elite	Starlight
Nova	The Palaestra
Perfect Balance	TNT - WI

Session 3 – Women’s XCEL Gold

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

Participating Gyms:

All Pro	Michigan Acad.
Arnold’s	O’Leary’s
Bay Area	Pitt. Northstars
Dulles	Raleigh
Empire	Suncoast
Five Star	Victory Elite

Session 4 – Women’s XCEL Gold

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

Participating Gyms:

Coast Elite
Dreams
Iowa Gym-Nest
Legacy - FL
Mountain West
Palm Coast
Rock Hill
Southeastern Elite
TGR

Saturday, January 21, 2023

Session 5 – Women’s XCEL Gold

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

Participating Gyms:

Future	LaFleur’s Largo
Golden City	LaFleur’s Tampa
Hocking Valley	Orlando Metro
Integrity	West Broward

XCEL Gold Team Awards

Session 6 – Women’s Level 4

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

Participating Gyms:

All American Flames	Gulf Coast Elite
All Pro	Gym USA
Campia	Nova
Coast Elite	O’Leary’s
Cutting Edge	Renegade
Empire	TNT - WI
Epic	Zanesville

Level 4 Team Awards

Session 7 – Women’s Level 7

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

Participating Gyms:

Atlantic Coast	Infinity - MI
Bozhi’s Gym Nest	Perfection
Brandy Johnson’s	Renegade
Campia	Sonshine
Epic	Southern Starz
Everest	The Palaestra
FGTC	WCC

Session 8 – Women’s Level 7

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

Participating Gyms:

All American Flames	GymNasti
Eagle	Gym USA
Elmwood	Michigan Elite
Florida Elite	Perfect Balance
Golden Grip	Summit
Gotham	

Level 7 Team Awards

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:

All Pro	Queen City
Arnold’s	Rebound - NJ
Coast Elite	Triad
Empire	VIGS
LaFleur’s - Tampa	Xtreme Heights
Pitt. Northstars	

Session 10 – Women’s Level 7

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

Participating Gyms:

Camden	Stars
Hotshots	Suncoast
Integrity	TGR
Michigan Acad.(12)	Tumbleweeds
Rock Hill	Virginia Tech.
Southeastern Elite	

Level 7 Team Awards

Session 11 – Women’s Level 6

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

Participating Gyms:

Carter’s
Five Star
GAC
Michigan Acad. (10)
Nashville
Olympus
Stars
Triad
West Broward

Level 6 Team Awards

1/10/2023

