

2023 Sand Dollar/Whitlow Invitational

Schedule

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 A– Modified Capital Cup

Friday, January 20, 2023

Session 1 – Women’s Level 10

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

Participating Gyms:

Believe	Perfect Balance
Elite - FL	Raleigh
Elmwood	Rebound - NJ
Florida Elite	Triad
Hurricane	United - PSL
IK	US Gym - NJ
Liberty	Win-Win
Palm Coast	

Session 2 – Women’s Level 10

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

Participating Gyms:

Branch	London
Capital City Flips	Mavericks
GAC	TGR
Golden Grip	VIGS
LaFleur’s - WI	Virginia Tech.
Legacy - FL	Xtreme - MO

Session 3 – Women’s Level 10

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

Participating Gyms:

Aerials - CO	Iowa Gym-Nest
Coast Elite	LaFleur’s Largo
Deveau’s	Michigan Elite
FIT	Mountain West
Future	Queen City
Golden City	TNT - WI

Session 4 – Women’s Level 10

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

Participating Gyms:

All American Flames
Apex (10)
Brandy Johnson’s
Gotham
JPAC (11)
Perfection
Pitt. Northstars

Saturday, January 21, 2023

Session 5 – Women’s Level 10

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

Participating Gyms:

Brestyan’s (17)
Legacy Elite (16)
Pearland Elite (15)
Sonshine (15)

Session 6 – Women’s Level 10

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

Participating Gyms:

Capital – TX (9)
Everest (11)
Sonshine (8)
Southeastern (9)
Twin City Twisters (8)
WCC

Session 7 – Women’s Level 10

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

Participating Gyms:

American Twisters (8)
GymNasti
LaFleur’s Tampa (8)
Metroplex (14)
Olympus (13)
Orlando Metro (12)
Summit

Session 8 – Women’s Premier

6:15 PM: General Stretch
6:30 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

American Twisters (4)	Metroplex (4)
Apex (4)	Olympus (4)
Brestyan’s (4)	Orlando Metro (4)
Capital – TX (4)	Pearland Elite (4)
Everest (4)	Sonshine (4)
JPAC (4)	Southeastern (4)
LaFleur’s Tampa (4)	Twin City Twisters (4)
Legacy Elite (4)	WCC (4)

Level 10 Team Awards

Sunday, January 22, 2023

Session 9 – Women’s Level 9/10

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

Participating Gyms:

316 (9/10)	Hotshots (9/10)
Atlantic Coast (10)	Infinity (9/10)
Bozhi’s Gym-Nest (9/10)	Integrity (10)
C & C (9/10)	Missouri Elite (9/10)
Chalk It Up (10)	Next Dimension (10)
Eagle (9/10)	Raleigh (9/10)
Epic (10)	Southeastern Elite(9/10)
EVO (10)	Southern Starz (9/10)
FGTC (9/10)	Starlight (9/10)
Five Star (9/10)	Trussville (10)
Force (9/10)	Wichita (9/10)
Genie’s (10)	Zanesville (9/10)
Gymfinity (10)	

Nastia Cup Presentation

Session 10 – Women’s Diamond/Sapphire

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

Participating Gyms:

Deveau’s	LaFleur’s Largo
Dreams	Mountain West
Empire	O’Leary’s
Epic	Precision
EVO	Suncoast
Golden City	TNT - WI
JPAC	

XCEL Sapphire Team Awards

Session 11 – Women’s Diamond

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

Participating Gyms:

All Pro	LaFleur’s Tampa
Arnold’s	Pitt. Northstars
Branch	Raleigh
Dulles	Renegade
Florida Elite	Rock Hill
Infinity – MI	Xtreme Height

XCEL Diamond Team Awards

12/15/2022