

# 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 C – Modified Traditional

#### Friday, January 20, 2023

##### Session 1 – Men's Level 4

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
Florida Flips	

###### 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 City	TGR
Golden Grip	Top Flight
Gulf Coast Elite	WCA
Gymnastics Du Sol	

###### 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
Florida Flips	Orlando
GAC	Orlando Metro
Gold Coast	South Miami
Golden City	

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

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

##### 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	Golden City
Balance	Gymnastics Du Sol
Bayside	MGA
Boundless	Orlando
EVO	Orlando Metro
FGTC	RAD
Florida Flips	

###### Level 3 Team Awards

12/15/2022

