

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.

Friday, January 20, 2023

Session 1 – Women’s Level 4

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

Participating Gyms:

Arnold’s	Iowa Gym-Nest
Bay Area	Michigan Acad. (10)
Flip Stars	Mountain West
Gym World	Rock Hill
Gym-Nest	VIGS
Integrity	

Session 2 – Women’s Level 4

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

Participating Gyms:

Apex	Infinity - MI
Capital - TX	Michigan Acad. (10)
Five Star	Orlando Metro (12)
Future	Southern Starz

Session 3 – Women’s Level 4

2:00 PM: General Stretch
2:15 PM: Timed Warm/Competition
5:00 PM: Awards

Participating Gyms:

Dreams	Liberty
Eagle	Orlando Metro (16)
Golden City	Rebound - NJ
Gotham	Victory Elite
JAG	

Level 4 Team Awards

Session 4 – Women’s Level 3

5:00 PM: General Stretch
5:15 PM: Timed Warm/Competition
7:30 PM: Awards

Participating Gyms:

All American Flames	Flip Stars
Capital - TX	Gym World
Cutting Edge	Gym Plus
Empire	JAG
Five Star	Michigan Acad(12)

Session 5 – Women’s Level 3

7:30 PM: General Stretch
7:45 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Apex	IK
Campia	Integrity
Eagle	Michigan Acad. (11)
Golden City	Suncoast
Gulf Coast Elite	Victory Elite

12/15/2022

GYM E – Modified Capital Cup

Saturday, January 21, 2023

Session 6 – Women’s Level 3

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
10:00 AM: Awards

Participating Gyms:

All Pro	Mountain West
Epic	Orlando Metro
Gotham	Rock Hill
Iowa Gym-Nest	

Level 3 Team Awards

Session 7 – Women’s Silver

10:00 AM: General Stretch
10:15 AM: Timed Warm/Competition
12:15 PM: Awards

Participating Gyms:

Bay Area	Mountain West
Chalk It Up	Pitt. Northstars
Dreams	Rock Hill
Five Star	Suncoast
Iowa Gym-Nest	Sunny

Session 8 – Women’s Silver

12:30 PM: General Stretch
12:45 PM: Timed Warm/Competition
2:45 PM: Awards

Participating Gyms:

Coast Elite	Rock Hill
Florida Elite	Starlight
Palm Coast	Victory Elite
Perfect Balance	

Session 9 – Women’s Silver

2:45 PM: General Stretch
3:00 PM: Timed Warm/Competition
5:00 PM: Awards

Participating Gyms:

Arnold’s	Future
Dulles	Golden City
FGTC	Raleigh
Flip Stars	TGR

Session 10 – Women’s Silver

5:15 PM: General Stretch
5:30 PM: Timed Warm/Competition
7:30 PM: Awards

Participating Gyms:

Empire	Nova
EVO	O’Leary’s
JAG	Precision
Legacy – FL (18)	Premier

Session 11 – Women’s Silver

7:30 PM: General Stretch
7:45 PM: Timed Warm/Competition
9:45 PM: Awards

Participating Gyms:

All Pro	Premier
Epic	Southern Starz
Legacy – FL (9)	TNT - WI
Orlando Metro	West Broward

XCEL Silver Team Awards

Sunday, January 22, 2023

Session 12 – Women’s Bronze

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
10:00 AM: Awards

Participating Gyms:

Bay Area	Golden City
Dreams	Palm Coast
Dulles	Precision
EVO	Raleigh
FIT	Suncoast
Florida Elite	West Broward
Future	

Session 13 – Women’s Bronze

10:00 AM: General Stretch
10:20 AM: Timed Warm/Competition
12:00 PM: Awards

Participating Gyms:

Chalk It Up	Premier (9)
EVO	Sunny
Legacy – FL (8)	TGR
Nova	

Session 14 – Women’s Bronze

12:15 PM: General Stretch
12:30 PM: Timed Warm/Competition
2:15 PM: Awards

Participating Gyms:

All Pro	Orlando Metro
Arnold’s	Premier (10)
FGTC	Renegade
Legacy – FL (13)	Starlight

XCEL Bronze Team Awards

Session 15 – Women’s Level 2

2:15 PM: General Stretch
2:30 PM: Timed Warm/Competition
3:45 PM: Awards

Participating Gyms:

All Pro	Gym World
Apex	Orlando Metro (12)
Epic	Rebound - NJ
Five Star	

Session 16 – Women’s Level 2

3:45 PM: General Stretch
4:00 PM: Timed Warm/Competition
5:15 PM: Awards

Participating Gyms:

Golden City	Orlando Metro (11)
Gulf Coast Elite	Suncoast
Gym Plus	Victory Elite
Iowa Gym-Nest	

Level 2 Team Awards

Session 17 – Women’s Level 1

5:15 PM: General Stretch
5:30 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms

Gym Plus	Victory Elite
Orlando Metro	