

2024 Sand Dollar/Whitlow Invitational

Schedule

This is the schedule for the 2024 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 4 gyms running simultaneously, Gyms A, B, C, & D

Friday, January 19, 2024

Session 1 – Women’s XD/XSA

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

Participating Gyms:

Action (XD/XSA)	Legacy (XD)
Aim High (XD)	Let It Shine (XD/XSA)
All Stars (XD)	North Port (XD)
Coastal Dreams (XD/XSA)	St. Louis (XD)
Dulles (XD/XSA)	Stars (XD/XSA)
Florida Elite (XD)	West GA (XD)
Gravity Forge (XD/XSA)	World Class (XD)

Level XD team awards

Session 2 – Women’s Level 8

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

Participating Gyms:

Aim High	Next Dimension
All Stars	Revolution
Bozhi’s Gym Nest	Roswell
Coral Reef	St. Louis
Florida Elite	TGR
Gem State	VIGS
Jets	World Class
Legacy	

Session 3 – Women’s Level 8

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

Participating Gyms:

Apollo	Splitz
Buckeye	Starlight
Coastal Dream	Suncoast
Great Northern	Thrive
Gymcats	US Gold
North Port	Victory Elite
RGA	Xtreme Heights
Sarasota	

Session 4 – Women’s Level 8

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

Participating Gyms:

Agility	Michigan Acad.
Alabama Starz	Orlando Metro
ASI	Perfect Balance
Bluewater	Rock Hill
Dream Xtreme	SE Elite
Head Over Heels	World Cup
Let It Shine	

Level 8 Team Awards

GYM A– Modified Capital Cup

Saturday, January 20, 2024

Session 5 – Women’s Level 9

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

Participating Gyms:

Aim High	Gravity Forge	SE Elite
Alabama Starz	Gym Quest	Spirit
Apollo	Next Dimension	Splitz
Chelsea Piers	North Port	St. Louis
Coastal Dreams	Perfect Balance	Suncoast
Flip Zone	Revolution	VIGS
Flips	Roswell	Warwick

Session 6 – Women’s Level 9

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

Participating Gyms:

All Stars	Legacy
Buckeye	Let It Shine
Coral Reef	Novaks
Dream Xtreme	Orlando Metro
Gem State	RGA
Head Over Heels	Thrive

Session 7 – Women’s Level 9/10

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

Participating Gyms:

Agility (L9)	
Aim High (L10)	Rock Hill (L9/10)
Bozhi’s Gym Nest (L9/10)	Sarasota (L10)
Coastal Dreams (L10)	Set-10 (L10)
Cygnus (L9)	SE, Elite (L10)
Florida Elite (L9/10)	Starlight (L9/10)
Great Northern (L9/10)	TGR (L9/10)
Head Over Heels (L10)	Thrive (L10)
Jets (L9/10)	US Gold (L10)
Michigan Acad (L9/10)	Victory Elite(L10)
Novaks (L10)	VIGS (L10)
Revolution (L10)	World Class(L9/10)
RGA (L10)	Xtreme Height (L10)

Level 9 Team Awards

Session 8 – Women’s Premier

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

Participating Gyms:

All Stars	Orlando Metro
Buckeye	Perfect Balance
Legacy	Roswell
Let It Shine	St. Louis

Level 10 Team Awards

Sunday, January 21, 2024

Session 9 – Women’s XD

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

Participating Gyms:

Agility	Lakewood Ranch
Apollo	Phoenixville
Boulder Flyers	Rock Hill
Chelsea Piers	Spirit
Cygnus	Suncoast
Gymcats	Warwick
Interstate	World Cup

XCEL Diamond Team Awards

Session 10 – Women’s XP

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:30 PM: Awards

Participating Gyms:

Action	Florida Elite
Aim High	Michigan Acad
All Stars	St. Louis
Boulder Flyers	Stars
Chelsea Piers	TAG
Cream City	Warwick
Cygnus	

Session 11 – Women’s XP

2:30 PM: General Stretch
2:45 PM: Timed Warm/Competition
5:45 PM: Awards

Participating Gyms:

Alabama Starz	Phoenixville
Bozhi’s Gym Nest	Rock Hill
Dulles	Set-10
Gravity Forge	SE, Elite
Interstate	Starlight
Lakewood Ranch	Upward
North Port	Xtreme Heights
Orlando Metro	

Session 12 – Women’s XP

5:45 PM: General Stretch
6:00 AM: Timed Warm/Competition
9:00 PM: Awards

Participating Gyms:

Apollo	Revolution
Flip Zone	Spirit
Gulf Coast Elite	Suncoast
Gymcats	TGR
Let It Shine	Victory Elite
Michigan Acad	World Class
Nook	

XCEL Platinum Team Awards