

2023 City of Lights Schedule

GYM B– Modified Traditional

Friday, February 10, 2023

Session 1 – Women’s Level 6

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

Participating Gyms:

All American - SD	Mid Island
Bay City	NYC Elite
Coast Elite	Perimeter
Flight	World Class - VA
Future Flipz	Xtreme - AL
Glory	

Session 2 – Women’s Level 6

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

Participating Gyms:

All American - UT	Precision
American - MI	Salem
Gym X-Treme	SSGA
Intensity	Texas East
Islands	

Session 3 – Women’s Level 6

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

Participating Gyms:

Georgia Elite
Hopes & Dreams
Intensity
Naperville
Orlando Metro
TBT

Level 6 Team Awards

Session 4 – Women’s Level 7

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

Participating Gyms:

All American - SD	Nova
Angel’s	Perimeter
Boundless	Revolution
Georgia Elite	Top Contenders
Higo Elite	World Class - VA
Islands	Xtreme - AL

1/15/2023

Saturday, February 11, 2023

Session 5 – Women’s Level 7

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

Participating Gyms:

American - MI	Mid Island
Coast Elite	Naperville
Gym X-Treme	NYC Elite
Hopes & Dreams	United Dothan
Intensity	

Session 6 – Women’s Level 7

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

Participating Gyms:

All America - UT	Salem
Bay City	Stars - TX
Flight	TBT
Orlando Metro	Texas East

Level 7 Team Awards

Session 7 – Women’s Platinum

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

Participating Gyms:

American – MI	Islands
Brown’s Gym Orbit	Mavericks - TX
Champion	Millers
Coast Elite	Nova
Endless Mountains	Orlando Metro
Flight	Perimeter
Georgia Elite	United Dothan

XP Team Awards

Session 8 – Women’s Level 1

6:30 PM: General Stretch
6:45 PM: Timed Warm/Competition
7:45 PM: Awards

Participating Gyms:

Orlando Metro	Top Contenders
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Level 1 Team Awards

Session 9 – Women’s Level 2

7:45 PM: General Stretch
8:00 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Gym Etc. - FL
Mid Island
NYC Elite
Orlando Metro
Precision
Top Contenders

Level 2 Team Awards

Sunday, February 12, 2023

Session 10 – Women’s Bronze

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

Participating Gyms:

Bay Area	Nova
Brown’s Gym Orbit	Orlando Metro
Gym Elite	TBT
Intensity	Temple Terrace

XB Team Awards

Session 11 – Women’s Level 3

10:15 AM: General Stretch
10:30 AM: Timed Warm/Competition
1:00 PM: Awards

Participating Gyms:

All American – SD
Gym Etc. – FL
SSGA
Top Contenders
World Class – VA (20)

Session 12 – Women’s Level 3

1:00 PM: General Stretch
1:15 PM: Timed Warm/Competition
3:45 PM: Awards

Participating Gyms:

American - MI
Mid Island
Naperville
NYC Elite
Orlando Metro
World Class – VA (11)

Level 3 Team Awards

Session 13 – Women’s Level 5

3:45 PM: General Stretch
4:00 PM: Timed Warm/Competition
6:45 PM: Awards

Participating Gyms:

All American - SD	Orlando Metro
Gym Etc. - FL	Precision
Intensity	SSGA
Mid Island	World Class - VA

Level 5 Team Awards

Session 14 – Women’s Diamond

6:45 PM: General Stretch
7:00 PM: Timed Warm/Competition
9:45 PM: Awards

Participating Gyms:

American - MI	Orlando Metro
Endless Mountains	Perimeter
Flight	Precision
Maverick	Salem
Nova	TBT

XD Team Awards