

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 XG

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

Participating Gyms:

Apollo	Revolution
Bluewater	Suncoast (10)
Eurogym	TGR
Flipout	US Gold
Perfect Balance	

Session 2 – Women’s XG

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
2:45PM: Awards

Participating Gyms:

Agility	SNHGA
Coastal Dreams	Stars
Dulles	Suncoast (11)
Nook	West GA
Set-10	

XCEL Gold Team Awards

Session 3 – Women’s Level 6

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

Participating Gyms:

Aim High	Nook
Bluewater	Perfect Balance
Cream City	Revolution
Let It Shine	Stars
Next Dimension	World Cup

Session 4 – Women’s Level 6

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

Participating Gyms:

Action	Sarasota
Florida Elite	Set-10
Gem State	St. Louis
Great Northern	Suncoast
Jeune Aire	TGR
North Port	US Gold

GYM B– Modified Capital Cup

Saturday, January 20, 2024

Session 5 – Women’s Level 6

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

Participating Gyms:

Dream Xtreme	Orlando Metro (14)
Head Over Heels	Starlight
Legacy	TAG
Michigan Acad.	Victory Elite
New Bern	Xtreme Heights
Novaks	

Session 6 – Women’s Level 6

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

Participating Gyms:

Agility	Michigan Acad
Alabama Starz	Orlando Metro (14)
ASI	Roswell
Flip Zone	VIGS
Flips	

Level 6 Team Awards

Session 7 – Women’s Level 7

2:45 PM: General Stretch
3:00 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

All Stars	Next Dimension
Buckeye	Perfect Balance
Coral Reef	Roswell
Flip Zone	St. Louis
Flips	Suncoast
Gem State	

Session 8 – Women’s Level 7

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

Participating Gyms:

Action	Gymcats
Aim High	Head Over Heels
Apollo	Let It Shine
Bluewater	New Bern
Bozhi’s Gym Nest	Revolution
Chelsea Piers	Rock Hill
Cygnus	Set-10
Dream Xtreme	Starlight
Florida Elite	Victory Elite
Grand Traverse	World Class
Great Northern	

Sunday, January 21, 2024

Session 9 – Women’s Level 7

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

Participating Gyms:

Agility	Orlando Metro
Alabama Starz	SE Elite
ASI	Stars
Charis	TAG
Jeune Aire	TGR
Michigan Acad	US Gold
Nook	VIGS
Novaks	Xtreme Heights

Level 7 Team Awards

Session 10 – Women’s XG

11:30 AM: General Stretch
11:45 AM: Timed Warm/Competition
2:10 PM: Awards

Participating Gyms:

ASI	SE Elite
Bozhi’s Gym Nest	Spirit
New Bern	US Gold
North Port	Upward
Rock Hill	Victory Elite

Session 11 – Women’s XG

2:10 PM: General Stretch
2:25 PM: Timed Warm/Competition
4:50 PM: Awards

Participating Gyms:

Action
Coastal Dreams
Flip Zone
Florida Elite (12)
Gulf Coast Elite
Let It Shine
Michigan Acad

Session 12 – Women’s XG

4:50 PM: General Stretch
5:05 AM: Timed Warm/Competition
7:30 PM: Awards

Participating Gyms:

Florida Elite (8)
Lakewood Ranch
Orlando Metro
Starlight
TAG
Tumblebees

XCEL Gold Team Awards
