

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

GYM C – Modified Capital Cup

Friday, January 19, 2024

Session 1 – Women's Level 5

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

Participating Gyms:

Agility	Set-10
ASI	SNHGA
Let It Shine	Splitz
Nook	Victory Elite
Orlando Metro	VIGS
Rock Hill	World Cup

Level 5 Team Awards

Session 2 – Women's Level 4

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

Participating Gyms:

Action	Let It Shine
ASI	Michigan Acad (15)
Bluewater	Splitz
Eurogym	Victory Elite
Interstate	World Cup

Session 3 – Women's Level 4

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

Participating Gyms:

Agility	Orlando Metro (10)
Flips	Rock Hill
Gem State	Set-10
Grand Traverse	VIGS
Michigan Acad	(12)

Session 4 – Women's Level 4/XG

6:00 PM: General Stretch
6:15 PM: Timed Warm/Competition
9:30 PM: Awards

Participating Gyms:

Aim High (L4/XG)
All Stars (L4/XG)
Cream City (L4/XG)
Cygnus (L4/XG)
Interstate (XG)
Orlando Metro (L4 – 11)
Xtreme Air (L4/XG)
Xtreme Heights (L4/XG)

Level 4 & XG Teams

Saturday, January 20, 2024

Session 5 – Women's Level 3

8:00 AM: General Stretch
8:215 AM: Timed Warm/Competition
10:15 AM: Awards

Participating Gyms:

Action	Let It Shine
Agility	Orlando Metro (7)
Bluewater	SNHGA
Cygnus	Victory Elite
Eurogym	World Cup
Gem State	Xtreme Air

Session 6 – Women's Level 3

10:015 AM: General Stretch
10:30 AM: Timed Warm/Competition
12:30 PM: Awards

Participating Gyms:

Aim High	Orlando Metro (21)
Grand Traverse	Rock Hill
Michigan Acad	Splitz

Level 3 Team Awards

Session 7 – Women's XS

12:45 PM: General Stretch
1:00 PM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

Action	Rock Hill
Aim High	Set-10
Bluewater	SE Elite
Cygnus	Xtreme Air
Eurogym	Xtreme Heights
Interstate	

Session 8 – Women's Silver

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

Participating Gyms:

Apollo	Gulf Coast Elite
ASI	SNHGA
Dulles	Victory Elite
Flipout	

Session 9 – Women's Silver

5:30 PM: General Stretch
5:45 PM: Timed Warm/Competition
7:45 PM: Awards

Participating Gyms:

Lakewood Ranch	(10) TAG
Let It Shine	US Gold (12)
New Bern	West GA

Session 10 – Women's Silver

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

Participating Gyms:

Florida Elite	Suncoast
Gem State	TGR
Lakewood Ranch	(10) US Gold (13)
Michigan Acad	

Sunday, January 21, 2024

Session 11 – Women's XS

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

Participating Gyms:

Coastal Dreams
North Port
Orlando Metro
Perfect Balance
Starlight
Tumblebees

XCEL Silver Awards

Session 12 – Women's XB

10:15 AM: General Stretch
10:30 AM: Timed Warm/Competition
12:30 PM: Awards

Participating Gyms:

Coastal Dreams	Orlando Metro (14)
Dulles	Set-10
Florida Elite	Starlight
Gulf Coast Elite	Tumblebees (9)
Let It Shine	Xtreme Air
North Port	

Session 13 – Women's XB

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

Participating Gyms:

Apollo	SNHGA
Interstate	Suncoast
Lakewood Ranch	Tumblebees (10)
New Bern	Xtreme Heights
Orlando Metro	(16)

Session 14 – Women's Level 1/XB

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

Participating Gyms:

Cygnus (L1)	Spirit (XB)
Eurogym (L1)	TAG (XB)
Gem State (XB)	TGR (XB)
Orlando Metro (L1)	Victory Elite (L1/XB)

XCEL Bronze Team Awards

Session 15 – Women's Level 2

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

Participating Gyms:

Agility	Gem State
Aim High	Let It Shine
Bluewater	Orlando Metro
Cygnus	Victory Elite
Eurogym	

Level 2 Team Awards