

2024 Sand Dollar/Whitlow Invitational

Schedule

This is the schedule for the 2024 Sand Dollar/Whitlow Invitational. Although the session 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 times.

Requests to change sessions at this point cannot be honored. We will have 4 gyms running simultaneously, Gyms A, B, C & D.

GYM D– Modified Traditional

Saturday, January 20, 2024

Session 1 – Men’s Level 3

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

Participating Gyms:

ABGA	Nova
Coastal Dreams	Orlando Gym
Cygnus	Orlando Metro
Eurogym	RAD
FGTC	SNHGA
GAA	South Miami
Golden City	TGR
Gulf Coast Elite	TNTs
Let It Shine	Trousdell’s
Lider Club	Tumblebees

Level 3 Team Awards

Session 2 – Men’s Level 4

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

Participating Gyms:

ABGA	Lider Club
Bayside	MGA
Bozhi’s Gym Nest	Nova
Eurogym	Orlando Gym
FGTC	RAD
GAA	TGR
Gem State	TNT
Golden City	Trousdell’s
Gulf Coast Elite	Tumblebees
LaFleur’s	Xtreme Air
Let It Shine	

Level 4 Team Awards

Session 3 – Men’s Level 5 & 6

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

Participating Gyms:

APEX	Let It Shine
Coastal Dreams	Nova
GAA	Orlando Metro
Gem State	SNHGA.
Golden City	South Miami
Gulf Coast Elite	TGR
Gym Quest	TNT
LaFleur’s	Tumblebees

Level 5 & 6 Team Awards

Saturday, January 20, 2024 Cont’d

Session 4– Men’s Level 9 & 10

6:30 PM: General Stretch
6:50 PM: Timed Warm/Competition
9:30 PM: Awards

Participating Gyms:

APEX	Nova
Bayside	NTS
Bozhi’s Gym Nest	Orlando Gym
GAA	Orlando Metro
Gem State	TGR
Gulf Coast Elite	TNT
LaFleur’s	Trousdell’s
Let It Shine	Tumblebees
Michigan Acad.	

Level 9 & 10 Team Awards

Sunday, January 21, 2024

Session 5– Men’s Levels 7 & 8

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

ABGA	Let It Shine
Bayside	Lider Club
Coastal Dreams	MGA
Cygnus	Michigan Acad.
GAA	Nova
Gem State	Orlando Gym
Golden City	Orlando Metro
Gulf Coast Elite	TGR
Gym Quest	Tumblebees
LaFleur’s	

Level 7 & 8 Team Awards

12/12/23

