



Friday – March 8, 2024

PURPLE GYM

Session 1A Level 7

Open Stretch- 8:00 AM March In – 8:25 AM Competition – 8:45 AM Awards – 12:05 PM

Session 2A Level 5

Open Stretch- 12:10 PM March In – 12:35 PM Competition – 12:45 PM Awards – 2:05 PM

Saturday – March 9, 2024

PURPLE GYM

Session 3A Level 4

Open Stretch- 8:00 AM March In – 8:25AM Competition – 8:40 AM Awards – 10:50 AM

Session 4A Level 6

Juergens, All Star Gymnastics, Laniers, Orlando Metro, MJG-CC, NSHR, TBT, Tumbleweeds, First City

Open Stretch- 11:00 AM March In – 11:25AM Competition – 11:45 AM Awards – 2:00 PM

Session 5A Level 6

All stars unlimited, La Gold, MGA, JAG, GQ, US Gold Destin, Reflex, Punch, Paradigm, ARM, CAH, Gym Pro, Edge, Courthouse, PAC

Open Stretch – 2:10 PM March In – 2:35 PM Competition – 2:55 PM Awards – 5:10 PM

Session 6A Xcel Platinum and Diamond and Sapphire

Open Stretch – 5:20 PM March In – 5:45 PM Competition – 6:15 PM Awards – 8:55 PM

GOLD GYM

Session 1B Level 8

GQ, Acro, ARM, CAH, Courthouse, Edge, GASG, Gym Pro, JAG, US Gold Destin Juergen’s, LA Gold, MJC-CC, Reflex, Westbank, Tumbleweeds, Laniers,

Open Stretch- 8:00 AM March In – 8:25AM Competition – 8:45 AM Awards – 10:40 PM

Session 2B Level 8

Orlando Metro, Northeast, TBT, PAC, All Star

Open Stretch – 10:50 AM March In – 11:15AM Competition – 11:35AM Awards – 1:20 PM

Session 3B Level 9

Open Stretch – 1:40 PM March In – 2:05 PM Competition – 2:30 PM Awards – 5:05 PM

Session 4B Level 10

Open Stretch – 5:15 PM March In – 5:40 PM Competition – 6:00 PM Awards – 7:50 PM

