

Orange Gym
Saturday January 28, 2017

Session 1A - Orange Gym
Level 2 & 3

Time Activity

8:00 - 8:30 Open Stretch

8:40 - 10:45 Warm-up/Compete

11:00 Awards

Level 2 Teams: Gem City(5), GTCO(8), Infinity(2), Mid OH(5), Tumble U(7)

Level 3 Teams: Capitol City(8)(8), Global(2), Infinity(7), Mid OH(5), Midwest(4)

Underlined teams need 2 coaches

Session 2A - Orange Gym
Level 3

Time Activity

11:15 - 11:45 Open Stretch

11:45 - 3:00 Warm-up/Compete

3:30 Awards

Fliptastic!(12), Gem City(9), Gym Central(12), Head over Heels(11), Tops(11)(12), Tumble U(12), Westside(8)

Underlined teams need 2 coaches

Session 3A - Orange Gym -
Level 4

Time Activity

4:00 - 4:30 Open Stretch

4:30 - 7:30 Warm-up/Compete

8:00 Awards

American Eagles(4), Capitol City(11), Fliptastic!(9)(10), Gem City(8), Global(2), Mid-OH(6), The Gym Center(4), Tops(9)(8), Tumble U(8), Westside(8)

Underlined teams need 2 coaches

Blue Gym
Saturday January 28, 2017

Session 1B - Blue Gym
Level 2

Time Activity

8:00 - 8:30 Open Stretch

8:40 - 10:45 Warm-up/Compete

11:00 Awards

Head over Heels(11), Perfection(8)(8), Tops(10)(9), Westside(6), Zanesville(11)(11)

Underlined teams need 2 coaches

Session 2B - Blue Gym
Level 3

Time Activity

11:15 - 11:45 Open Stretch

11:45 - 2:00 Warm-up/Compete

2:15 Awards

American Eagles(7)(7), Perfection(10)(11), Universal(12), Zanesville(8)(8)(7)

Underlined teams need 2 or 3 coaches

Session 3B - Blue Gym -
Level 4

Time Activity

2:30 - 3:00 Open Stretch

3:00 - 5:45 Warm-up/Compete

6:00 Awards

Gym Central(8), Head over Heels(7), Perfection(10)(9), Queen City(5), Universal(9)(9), Zanesville(8)(8)

Underlined teams need 2 coaches

Session 4B - Blue Gym -
Level 5

Time Activity

6:00 - 6:30 Open Stretch

6:30 - 8:30 Warm-up/Compete

9:00 Awards

Mid-OH(6), Perfection(6)(5), Queen City(3), The Gym Center(4), Universal(9)(8), Zanesville(3)

Underlined teams need 2 coaches

Orange Gym
Sunday January 29, 2017

**Session 5A - Orange Gym -
Level 6**

Time Activity

8:00 - 8:30 Open Stretch

8:40 - 11:30 Warm-up/Compete

12:00 Awards

Capitol City(8)(7), Fliptastic!(7)(7), Gem City(7), Gym-Nation(7)(5), Tops(8)(8)

Underlined teams need 2 coaches

**Session 6A - Orange Gym
Level 6 & 7**

Time Activity

12:00 - 12:30 Open Stretch

12:30- 3:00 Warm-up/Compete

3:30 Awards

Level 6 Teams: American Eagles(8), Gym Central(2), Head over Heels(5), Mid OH(2), The Gym Center(4), Westside(7),

Level 7 Teams: Capitol City(4), Fliptastic!(2), GymNation(2), Gym of Ohio(4), Head over Heels(2), The Gym Center(1), Tops (5), Westside(3), Zanesville(7)

**Session 7A - Orange Gym
Level 8,9, 10 & Excel Platinum**

Time Activity

3:30 - 4:00 Open Stretch

4:00 - 8:00 Warm-up/Compete

8:30 Awards

Excel Platinum Teams: Flip N Twist(3), Fliptastic!(1), Gem City(3), Global(4), Gym-Nation(5), Infinity(5), Performance(9)

Level 8 Teams: Capitol City(9), Global(1), Gym Central(4), Gym of Ohio(1), Gym-Nation(1), Infinity(3), Mid-OH(3), Tops(8), Westside(1)

Level 9 Teams: Gym-Nation(1), Gym of Ohio(2), Mid-OH(3), Westside(1), Zanesville(1)

Level 10 Teams: Gym-Nation(2), Tops (1)

Underlined teams need 2 coaches

Blue Gym
Sunday January 29, 2017

**Session 5B - Blue Gym -
Excel Bronze & Silver**

Time Activity

8:00 - 8:30 Open Stretch

8:30 - 11:15 Warm-up/Compete

11:30 Awards

Excel Silver Teams: Flip N Twist(3), Fliptastic!(8)(8), Gem City(4), Global(1), Gym-Nation(11)(8), Head over Heels(6), Mid-OH(3), Midwest(2), Performance(10)

Excel Bronze Team: Flip N Twist(5)

Underlined teams need 2 coaches

**Session 6B - Blue Gym
Excel Gold**

Time Activity

12:00 - 12:30 Open Stretch

12:30 - 3:30 Warm-up/Compete

4:00 Awards

Capitol City(2), Flip N Twist(7), Fliptastic!(7)(5), Global(1), Gym-Nation(10)(6), Head over Heels(8), Infinity(7), Performance(9)

Underlined teams need 2 coaches