

Blue Gym
Saturday January 27, 2018

Session 1A - Blue Gym
Level 2 & Bronze
Time Activity

8:00 - 8:30 Open Stretch

8:40 - 11:00 Warm-up/Compete

Level 2 Teams: Gem City(5), GTCO(6), Perfection(10), SOGA(3), Westside(8), Tops(7)(8)

Bronze Teams: All Starz(7), Global(6), Gymniks(11)(6)

Underlined teams need 2 coaches

Session 2A - Blue Gym
Level 3
Time Activity

11:15 - 11:45 Open Stretch

11:55 - 3:45 Warm-up/Compete

Westside(9), Tumble U(10)(3), Tops(11)(11)(5), Gem City(9) GTCO(6), SOGA(3), Gym America(8)(6)

Underlined teams need 2 or 3 coaches

Session 3A - Blue Gym -
Level 4
Time Activity

3:45 - 4:15 Open Stretch

4:24 - 8:00 Warm-up/Compete

Tops(12)(2), Capitol City(9), Global(1), Agility(7), Gym World(11)(11)(5), Defiance(8), The Gym Center(3), Westside(11), American Eagles(8), Revolution(2)

Underlined teams need 2 or 3 coaches

Orange Gym
Saturday January 27, 2018

Session 1B - Orange Gym
Level 3
Time Activity

8:00 - 8:30 Open Stretch

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

Five-Star(9)(9), American Eagles(12), Gym Central(11), Gym World(8)(11), Integrity(9), Capitol City(13)(4)

Underlined teams need 2 coaches

Session 2B - Orange Gym
Silver
Time Activity

11:30 - 12:00 Open Stretch

12:10 - 2:30 Warm-up/Compete

Global(9), Extreme(9)(10), Fliptastic!(7)(7), Integrity(8)(8)

Underlined teams need 2 coaches

Session 3B - Orange Gym -
Silver
Time Activity

2:45 - 3:15 Open Stretch

3:25 - 5:30 Warm-up/Compete

Gem City(5), Performance(9), Gymniks(5)(5), Gym-Nation(5)(5), Westside(5)

Underlined teams need 2 coaches

Session 4B - Orange Gym -
Level 5 & Level 6
Time Activity

5:30 - 6:00 Open Stretch

6:10 - 9:15 Warm-up/Compete

Level 5 Teams: Agility(5), Defiance(5), American Eagles(4), Revolution(1), The Gym Center(3), Westside(1), Gym World(4)

Level 6 Teams: Agility(4), Tops(7)(8), American Eagles(2), Revolution(4), Gym America(8)(6), Westside(1), Capitol City(10), Gymniks(8), Global(3), Next Level(4)

Underlined teams need 2 coaches

Blue Gym
Sunday January 28, 2018

**Session 5A - Blue Gym -
Level 4**

Time Activity

8:00 - 8:30 Open Stretch

8:40 - 11:45 Warm-up/Compete

Gym America(10)(10), Integrity(8), GTCO(9), Gem
City(1), Tumble U(9), Gym Central(11), Five-Star(12)(12)

Underlined teams need 2 coaches

**Session 6A - Blue Gym
Level 6 & Gold**

Time Activity

12:00 - 12:30 Open Stretch

12:40 - 3:45 Warm-up/Compete

Level 6 Teams: All Starz(6), Five-Star(9)(8), Gem City(8),
Gym Central(8), Tumble U(3)

Gold Teams: All Starz(9), Extreme(9), SOGA(6), Gym-
Nation(9)

Underlined teams need 2 coaches

**Session 7A - Blue Gym
Gold**

Time Activity

4:00 - 4:30 Open Stretch

4:45 - 7:45 Warm-up/Compete

Gem City(7), Westside(8), Next Level(8), Fliptastic!(12)(3),
Integrity(10), Performance(6), Gymniks(11), Global(6), Gym
America(7), Capitol City(8)

Underlined teams need 2 coaches

Orange Gym
Sunday January 28, 2018

**Session 5B - Orange Gym -
Level 7**

Time Activity

8:00 - 8:30 Open Stretch

8:40 - 11:15 Warm-up/Compete

Five-Star(8), American Eagles(2

), Gymniks(2), Gym America(8)(4), Fliptastic!(3), Capitol
City(4), Tops(8), The Gym Center(8), Agility(4), Next
Level(1), Global(1), Westside(6), Revolution(5), Gym of
OH(3)

Underlined teams need 2 coaches

**Session 6B - Orange Gym
Level 9, Level 10, Platinum, & Diamond**

Time Activity

11:30 - 12:00 Open Stretch

12:15 - 3:30 Warm-up/Compete

Level 9 Teams: Agility(1), All Starz(3), Capitol City(4),
Defiance(1), Gym of OH(1), Gymniks(3), Radiant(1),
Revolution(3), Tops(3), Westside(1), Next Level(1)

Level 10 Teams: Agility(2), Gymniks(1), Radiant(1),
Revolution(1), Tops(1)

Platinum Teams: All Starz(3), Extreme(1), Fliptastic!(8),
Gem City(1), Global(3), Gym-Nation(7), Gymniks(3),
Integrity(2), Next Level(2), Performance(6)

Diamond Teams: Fliptastic!(1)

**Session 7B - Orange Gym
Level 8**

Time Activity

4:00 - 4:30 Open Stretch

4:45 - 7:30 Warm-up/Compete

Gym America(6)(5), Five-Star(8), Tops(5), Gem City(1),
Global(1), Gymniks(6), Capitol City(4), Gym of OH(1),
Agility(4), Revolution(3), Gym Central(3), Radiant(2),
Defiance(2), All Starz(3)

Underlined teams need 2 coaches