

Orange Gym

Saturday January 26, 2019

Session 1A - Orange Gym

Level 2

Time Activity

8:00 - 8:30 Open Stretch
8:35 - 10:45 Warm-up/Compete

Tops(12), Flip n Twist(9)(4), Integrity(9)(9), GTCO(9),
Gem City(6), SOGA(3), Gymanarium(9), Westside(6),
Mountain Magic(5)

Underlined teams need 2 coaches

Session 2A - Orange Gym

Level 3

Time Activity

11:00 - 11:30 Open Stretch
11:35 - 2:00 Warm-up/Compete

Tops(7)(7)(7), Tumble U(8), Westside(6), Capitol City(10),
Gym America(8)(7),

Underlined teams need 2 or 3 coaches

Session 3A - Orange Gym - Level 3

Time Activity

2:15 - 2:45 Open Stretch
2:50 - 5:00 Warm-up/Compete

Gem City(5), AMP(6), Mountain Magic(6), Integrity(8)(8)
(7), SOGA(3), Gymanarium(6)

Underlined teams need 2 coaches

Session 4A - Orange Gym - Level 4 & 5

Time Activity

5:30 - 6:00 Open Stretch
6:05 - 9:15 Warm-up/Compete

Level 4 Teams: Capitol City (7), Gem City(8), Gym
America(10), Gymanarium(3), Integrity(10), Westside(6),
Mountain Magic(3), Tumble U(9), Tops(11)(3)

Level 5 Teams: Gem City(1), Integrity(7), Westside(6),
Mountain Magic(5)

Underlined teams need 2 coaches, 1 for each level

Blue Gym

Saturday January 26, 2019

Session 1B - Blue Gym

Bronze

Time Activity

8:00 - 8:30 Open Stretch
8:35 - 10:45 Warm-up/Compete

AMP(10), Gymniks(9)(8), All Starz(5), Flip N Twist(4),
Cyclones(7), GTCO(2), Elite(6), Westside(4)

Underlined teams need 2 coaches

Session 2B - Blue Gym Silver

Time Activity

11:00 - 11:30 Open Stretch
11:35 - 1:45 Warm-up/Compete

Integrity(7)(6), Gym-Nation(10)(11), AMP(8), Elite(5),
Gem City(4), All Starz(7)

Underlined teams need 2 or 3 coaches

Session 3B - Blue Gym - Silver

Time Activity

2:00 - 2:30 Open Stretch
2:35 - 5:00 Warm-up/Compete

Fliptastic(9)(8), Cyclones(9), Gym America(9),
Gymniks(12), Global(10), Westside(4), GTCO(2),
Flip N Twist(5)

Underlined teams need 2 coaches

Session 4B - Blue Gym - Gold

Time Activity

5:15 - 5:45 Open Stretch
5:50 - 9:00 Warm-up/Compete

Global(6), AMP(9)(4), Gym America(11)(5), Cyclones(5),
Gymniks(11), Elite(12), Gym-Nation(12), Fliptastic(11)

Underlined teams need 2 coaches

Orange Gym
Sunday January 27, 2019

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

Time Activity

8:00 - 8:30 Open Stretch
8:35 - 11:15 Warm-up/Compete

Tops(10)(3), Westside(2), Tumble U(7), All Starz(4),
AMP(4), Capitol City(8), Cyclones(2), Global(4),
Gym America(8), Gym-Nation(5), Gymanarium(3),
Gymniks(8), KGA(2), Mountain Magic(2)

Underlined teams need 2 coaches

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

Time Activity

11:30 - 12:00 Open Stretch
12:05 - 2:30 Warm-up/Compete

Capitol City(10), Gym-Nation(2), Tops (4), Westside(2),
KGA(10), Gymniks(4), Gem City(1), All Starz(2), AMP(2),
Mountain Magic(4), Tumble U(4), Elite(3), Cyclones(3)

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

Time Activity

3:00 - 3:30 Open Stretch
3:35 - 6:30 Warm-up/Compete

Level 8 Teams: AMP(3), Gem City(2), Gym-Nation(1),
Gymniks(3), KGA(3), Mountain Magic(4), Tops(5),
Westside(1)

Level 9 Teams: All Starz(5), Capitol City(4), Cyclones(1),
Global(1), Gymnasium(1), Gymniks(4), KGA(2),
Mountain Magic(4), Tops(3)

Level 10 Teams: All Starz(1), Capitol City(1), Cyclones(2),
Gym-Nation(1), Gymniks(1), Tops(2), Westside(1)

Blue Gym
Sunday January 27, 2019

**Session 5B - Blue Gym -
Excel Gold**

Time Activity

8:00 - 8:30 Open Stretch
8:30 - 11:15 Warm-up/Compete

Gem City(5), Integrity(12), Gymanarium(5), GTCO(4),
Gym America(8)(8), Capitol City(5), SOGA(4),
Westside(7)(6)

Underlined teams need 2 coaches

**Session 6B - Blue Gym
Excel Platinum & Diamond
Time Activity**

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

Excel Platinum Teams: All Starz(6), Fliptastic(9),
Cyclones(5), Gem City(5), Gym-Nation(4),
Gymanarium(1), Gymniks(4), Integrity(10), SOGA(4),
Elite(3), Westside(1), Gym America(7)

Excel Diamond Team: Fliptastic(1), Gym-Nation(1)