

Orange Gym

Saturday January 25, 2020

Session 1A - Orange Gym

Level 2

Time Activity

8:00 - 8:30 Open Stretch

8:35 - 10:15 Warm-up/Compete

Tops(7)(7), Flip n Twist(7)(8), Powerhouse(9),
GTCO(6), Westside(3)

Underlined teams need 2 coaches

Session 2A - Orange Gym

Level 3

Time Activity

10:30 - 11:00 Open Stretch

11:05 - 1:30 Warm-up/Compete

Tops(10)(11), Tumble U(7)(8), Mountain Magic(5),
TGC(6), Buckeye - Group A (9)(10)

Underlined teams need 2 or 3 coaches

Session 3A - Orange Gym -

Level 3

Time Activity

2:00 - 2:30 Open Stretch

2:35 - 4:45 Warm-up/Compete

Capitol City(2), Powerhouse(5), Westside(6), Flip N
Twist(9)(5), GTCO(5), Gymanarium(9),
Buckeye - Group B (10)(10)

Underlined teams need 2 coaches

Session 4A - Orange Gym -

Level 4 & 5

Time Activity

5:00 - 5:30 Open Stretch

5:35 - 8:45 Warm-up/Compete

Tops (12)(6), Buckeye (11)(11), GTCO(4),
Gymanarium(4), TGC(9), Westside(4), Mountain
Magic(8), Trics(6), Capitol City(1), Flip N Twist(7),
Powerhouse(4), Tumble U (7)

Underlined teams need 2 coaches, 1 for each level

Blue Gym

Saturday January 25, 2020

Session 1B - Blue Gym

Bronze & Silver

Time Activity

8:00 - 8:30 Open Stretch

8:35 - 11:15 Warm-up/Compete

Bronze Teams: Queen City(10), SOGA(11), Central OH(3),
Gymanarium(6), All Starz(7), Global(4), GTCO(7),
Gahanna(3)

Silver Teams: Gem City(7)(7), AMP(6), Westside(5),
Trics(6), Flip N Twist(5)

Underlined teams need 2 coaches

Session 2B - Blue Gym

Silver

Time Activity

11:30 - 12:00 Open Stretch

12:05 - 2:15 Warm-up/Compete

Queen City(11)(10), Gym-Nation(10)(10), All Starz(8),
Central OH (8), Capitol City(1), Global(7), GTCO(3),
Gahanna(5), SOGA(4)

Underlined teams need 2 or 3 coaches

Session 3B - Blue Gym -

Gold

Time Activity

2:30 - 3:00 Open Stretch

3:05 - 5:15 Warm-up/Compete

All Starz(5), Gahanna(10), Central OH (9), Westside(7),
SOGA(4), Trics(4), GTCO(7), Buckeye(6), Gem City (8)

Session 4B - Blue Gym -

Gold & Platinum

Time Activity

5:30 - 6:00 Open Stretch

6:05 - 8:30 Warm-up/Compete

Gold Teams: AMP(5), Flip N Twist(3), Queen City(6),
GymNation(12), Global(5)

Platinum Teams: AMP(4), Flip N Twist(4), Queen City(1),
GymNation(3), Global(5), Gahanna(4), Gem City(4),
Buckeye(6), SOGA(2)

Orange Gym
Sunday January 26, 2020

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

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

Tops(9)(4), Buckeye(7)(7)(8), GymNation(9)(3),
Gahanna(2), Capitol City(3), Gem City(3),
Gymanarium(3),

Underlined teams need 2-3 coaches

**Session 6A - Orange Gym
Level 8, 9, 10 & Diamond
Time Activity**

11:30 - 12:00 Open Stretch
12:05- 3:30 Warm-up/Compete

Level 8 Teams: Mountain Magic(7), TGC(2), Westside(1),
Central OH(3), Gahanna(3), Gem City(1),
Gymnastics of OH(2), Tops(5), Tumble U(2)

Level 9 Teams: All Starz(3), Gahanna(1), Global(1),
Gymanarium(1), Gymnastics of OH(2), Mountain Magic(7),
TGC(1), Tops(3)

Level 10 Teams: Gahanna(1), Tops(1), Westside(1)

Diamond Teams: AMP(3),GTCO(3), SOGA(1)

Blue Gym
Sunday January 26, 2020

**Session 5B - Blue Gym -
Level 5, 6 & 7
Time Activity**

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

Level 5 Teams: Mountain Magic(4), TGC(4), Westside(4)

Level 6 Teams: All Starz(7), Central OH(6), Trics(3),
Mountain Magic(2), PowerHouse(7), Tumble U(6),
Westside(6)

Level 7 Teams: All Starz(4), Central OH(3), Gymnastics of
OH (10), Mountain Magic(5), PowerHouse(1), TGC(3),
Trics(1), Tumble U(2), Westside(1)

Underlined teams need 2 coaches