

Orange Gym
Saturday January 29, 2022

Session 1A - Orange Gym
Level 2 & Excel Bronze
Time Activity

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

Bronze Teams: OAG(9), Mason(10), Champion(7),
Elite(6), Global(4)

Level 2 Teams: Tops(10), Gym Skills(10)(5), Westside(5),
OAG(7), Mid OH(11), Heart of OH(8)

Underlined teams need 2 coaches

Session 2A - Orange Gym
Level 3
Time Activity

11:30 - 12:00 Open Stretch
12:05 - 2:15 Warm-up/Compete

Tops(6)(6), Integrity(8)(8), Westside(2), Perfection(9),
Mountain Magic(6), Heart of OH(6), OAG(7)

Underlined teams need 2 or 3 coaches

Session 3A - Orange Gym -
Level 3
Time Activity

2:30 - 3:00 Open Stretch
3:00 - 5:15 Warm-up/Compete

Tops(6)(5), Integrity(8)(7), Mid OH(5), RSG(4),
Gym Skills(9)

Underlined teams need 2 coaches

Session 4A - Orange Gym -
Level 4 & 5
Time Activity

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

Level 4 Teams: Capitol City(2), Gym Skills(6), Heart of
OH(3), Perfection(8), Integrity(13), Westside(3),
Tops(12)(7), Mid OH(4), Mountain Magic(3)

Level 5 Teams: Integrity(12), Westside(5), Mid OH(3),
Mountain Magic(4)

Underlined teams need 2 coaches, 1 for each level

Blue Gym
Saturday January 29, 2022

Session 1B - Blue Gym
Bronze
Time Activity

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

Gahanna(11)(3), Gymniks(13), All Starz(3), Tops(11),
SOGA(12)(3), Integrity(12)(8), Gem City(9), Kids First(9)

Underlined teams need 2 coaches

Session 2B - Blue Gym
Silver
Time Activity

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

Integrity Fayette(12), Gym-Nation(11), SOGA(8), RSG(1),
Champion(10), Fliptastic!(10), Gymniks(7)(7), Global(12)

Underlined teams need 2 or 3 coaches

Session 3B - Blue Gym -
Silver
Time Activity

2:45 - 3:15 Open Stretch
3:15 - 5:30 Warm-up/Compete

Gahanna(8), OAG(8), Gym Central(7), Kids First(8),
Westside(3), Mason(1), Integrity(9), Perfection(9), All
Starz(7), Gem City(4), Elite(8), Mid OH(5)

Underlined teams need 2 coaches

Session 4B - Blue Gym -
Gold
Time Activity

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

Global(8), Kids First(11), Integrity Fayette(12), Gem
City(10), Gymniks(11), Elite(9), Gym-Nation(12),
Fliptastic!(10)

Underlined teams need 2 coaches

Orange Gym
Sunday January 30, 2022

**Session 5A - Orange Gym -
Excel Gold and Diamond
Time Activity**

8:00 - 8:30 Open Stretch
8:35 - 11:45 Warm-up/Compete

Excel Gold Teams: All Starz(5), Gahanna(8), Gym Central(7), Integrity(11), SOGA(6), Westside(4), Perfection(8), Champion(2), Capitol City(2), Warrior(3)

Excel Diamond Team: All Starz(4), Fliptastic!(4), Perfection(1), Champion(1), Gymniks(4), Gem City(4)

Underlined teams need 2 coaches

**Session 6A - Orange Gym
Excel Platinum & Level 10's
Time Activity**

12:00 - 12:30 Open Stretch
12:30- 3:45 Warm-up/Compete

Excel Platinum Teams: All Starz(6), Fliptastic!(6), Champion(3), Gem City(5), Gahanna(4), Global(2), Gym Central(9), Integrity(6), Kids First(1), Perfection(3), Westside(5), Elite(3), Warrior(2)

Level 10 Teams: Gym-Nation(2), Gymniks(3), Mountain Magic(2)

**Session 7A - Orange Gym
Level 8 & 9
Time Activity**

4:00 - 4:45 Open Stretch
4:45 - 8:00 Warm-up/Compete

Level 8 Teams: All Starz(6), Gem City(1), Gym-Nation(6), Gymniks(4), Lake Erie(3), Mountain Magic(2), Tops(3), Westside(1), Mason(2), Elite(1), Gahanna(3), Fliptastic!(2), Champion(1)

Level 9 Teams: All Starz(4), Champion(2), Gahanna(2), Gym-Nation(3), Gymniks(2), Lake Erie(5), Mid OH(2), Mountain Magic(3), Tops(4)

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**Session 5B - Blue Gym -
Level 6
Time Activity**

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

Tops(12), Mid OH(8), Perfection(11)(5), Mason(7), Lake Erie(7), Gym Skills(1), Gym-Nation(11)(5), OAG(9), Mountain Magic(6)

Underlined teams need 2 coaches

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

12:00 - 12:30 Open Stretch
12:30 - 4:00 Warm-up/Compete

Level 6 Teams: Champion(8), Gahanna(1), Gymniks(7), Global (6), Heart of OH(1), SOGA(1), Elite(1), Westside(4),

Level 7 Team: Champion(1), Gahanna(1), Gym-Nation(8), Gymniks(3), Heart of OH(1), SOGA(1), Mason(6), Elite(3), Perfection(6), Westside(4), Tops(11), Mountain Magic(4), OAG (3)

