

Orange Gym
Saturday January 21, 2023

Session 1A - Orange Gym
Xcel Bronze
Time Activity

8:00 - 8:30 Open Stretch
8:35 - Competition Starts

Gymniks(10)(11), Vitality(8)(7), Champion(9), SOGA(11),
Integrity(10)(10)

Underlined teams need 2 coaches

Session 2A - Orange Gym
Xcel Bronze
Time Activity

10:45 - 11:15 Open Stretch
11:20 - Competition Starts

Tops(10), Kids First(8), Cyclone(4), Mason(4), Heart of
OH(11), GTCO(8), Tumble U(2), Global(10)

Underlined teams need 2 or 3 coaches

Session 3A - Orange Gym -
Level 7

Time Activity
1:30 - 2:00 Open Stretch
2:05 - Competition Starts

Tops(5), Perfect Balance(2), Universal(9), Gym World(7),
Gymniks(5), Champion(6), Lake Erie(1), Westside(2),
Quest(5), Global(2), Tumble U(3), Mason(4), GTCO(4),
All Starz(3), Cyclone (1)

Session 4A - Orange Gym -
Level 9 & 10

Time Activity
6:00 - 6:30 Open Stretch
6:35 - Competition Starts

Level 9 Teams: All Starz(4), AMP(1), Champion(3),
Cyclone (2), Gymnastics World(6), GTCO(5), Tops(3),
Lake Erie(3), Maverick(1), Mason(1), Tumble U(1),
Universal(4)

Level 10 Teams: All Starz(1), Gymnastics World(5),
Gymniks(4), Lake Erie(2), Maverick(1), Universal(6)

Underlined teams need 2 coaches

Blue Gym
Saturday January 21, 2023

Session 1B - Blue Gym
Level 2
Time Activity

8:00 - 8:30 Open Stretch
8:35 - Competition Starts

Quest(12)(12)(6), GTCO(7), Universal(12), Tops(10),
Gym Skills(7), Tumble U(6), Westside(8)

Underlined teams need 2 or 3 coaches

Session 2B - Blue Gym
Xcel Silver & Level 3
Time Activity

11:00 - 11:20 Open Stretch
11:25 - Competition Starts

Silver Teams: Tumble U(1), All Starz(3), Cyclone (7),
Vitality(9), B & B(12), SOGA(10)

Level 3 Teams: Gym World(9)(12), Tumble U(7),
Westside(6), Quest(13)

Underlined teams need 2 or 3 coaches

Session 3B - Blue Gym -
Xcel Silver & Level 3
Time Activity

2:45 - 3:05 Open Stretch
3:10 - Competition Starts

Silver Teams: Tops(9), Mason(5), Integrity Fayette(12),
Perfection(3)(4)

Level 3 Teams: Tops(12)(10), Universal(12)(7), Gym
Skills(12), GTCO(7)

Underlined teams need 2 coaches

Session 4B - Blue Gym -
Xcel Silver
Time Activity

6:15 - 6:35 Open Stretch
6:40 - Competition Starts

Champion(11), Kids First(12)(2), Gem City(9),
Gymniks(13), Global(3)(12), Gym-Nation(10), GTCO(12),
Heart of OH(10)

Underlined teams need 2 coaches

Orange Gym
Sunday January 22, 2023

**Session 5A - Orange Gym -
Xcel Gold**

Time Activity
8:00 - 8:30 Open Stretch
8:35 - Competition Starts

All Starz(6), Global(10), AMP(8), Mason(3), SOGA(2),
Perfect Balance(7), Champion(7), Gem City(6),
Heart of OH(7), Tops(8), CCA(4), Perfection(9)

**Session 6A - Orange Gym
Xcel Platinum
Time Activity**

11:15 - 11:35 Open Stretch
11:40 - Competition Starts

Integrity Fayette(6), Quest(7)(4), Heart of OH(1), SOGA(4),
Global(3), Kids First(4), Tumble U(4), Maverick(7),
B&B(2), Westside(6), Vitality(2)

Underlined teams need 2 coaches

**Session 7A - Orange Gym
Xcel Platinum & Diamond
Time Activity**

2:45 - 3:05 Open Stretch
3:10 - Competition Starts

Xcel Platinum Teams: All Starz(2), AMP(7), Gem City(4),
Champion(3), Cyclone (3), GTCO(7), Perfect Balance(6),
Perfection(2), CCA(2)

Xcel Diamond Teams: All Starz(2), AMP(2), Champion(6),
Gem City(1), GTCO(1), Perfect Balance(4), Perfection(2)

Underlined teams need 2 coaches

**Session 8A - Orange Gym
Level 8
Time Activity**

5:30 - 5:50 Open Stretch
5:55 - Competition Starts

AMP(1), Gem City(1), Cyclone (3), Gymnastics World(8),
GTCO(1), Gymniks(9), Lake Erie(1), Maverick(1),
Mason(3), Perfect Balance(1), Quest(3), SOGA(1),Tops(9),
Westside(2), Universal(8)(8)(5),

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**Session 5B - Blue Gym -
Xcel Gold & Level 5
Time Activity**

8:00 - 8:30 Open Stretch
8:35 - Competition Starts

Excel Gold Teams: B&B(4), Cyclone (7), Gymniks(10)(2),
GTCO(9)(4), Kids First(5), Westside(5), Gym-Nation(7),
Integrity Fayette(8), Quest(3), Vitality(4)

Level 5 Teams: Westside(3), Gym Skills(1), Universal(12)

Underlined teams need 2 coaches

**Session 6B - Blue Gym
Level 4
Time Activity**

11:45 - 12:15 Open Stretch
12:20 - Competition Starts

Gym World(11)(11)(10), Quest(10), Tops(10)(8),
Universal(10)(4), Gym Skills(2), GTCO(3),
Tumble U(4), CCA(3)

Underlined teams need 2 or 3 coaches

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

3:45 - 4:15 Open Stretch
4:20 - Competition Starts

Gym World(9), Gymniks(8)(2), All Starz(2), GTCO(1),
AMP(1), Lake Erie(4), Mason(4), Tops(6)(6),
Tumble U(6), Quest(5), Westside (3)

Underlined teams need 2 coaches