

2012 Sand Dollar/Whitlow Invitational

Final Schedule

This is the final schedule for the 2012 Sand Dollar/Whitlow Invitational. Please check the web site (www.egoboosters.org) prior to leaving for Orlando. We will have 5 gyms running simultaneously all three days. Gyms A, B & C will run in the HP Field House (previously the Milk House) and Gym D & E in the Jostens Center. Gym A will be utilized for men's competition. Gyms B, C, D & E will hold Women's Competition only. Be sure to check for your club in all five gyms! Individual awards follow each session.

Friday, January 20, 2012 Jostens Center

Gym D - Modified Capital Cup

Session 1 – Women's Level 8

8:00 AM: General Stretch
8:30 AM: Timed Warm/Competition
11:10 AM: Awards

Participating Gyms:

Capital	Prestige
Dynmats	RGA
Elite - MA	Superior
Hayden's	Tampa
Islands	

Session 2 – Women's Level 8

11:30 AM: General Stretch
12:00 PM: Timed Warm/Competition
2:40 PM: Awards

Participating Gyms:

360	IGG
Ace - Daytona	Mid-Michigan
Aim High	New Image
Bay City	Next Dimension
Empire	Summit
FIT Club	VIGS
Gymstars	

Session 3 – Women's Level 8

3:00 PM: General Stretch
3:30 PM: Timed Warm/Competition
6:00 PM: Awards

Participating Gyms:

Ace-FL	OYT
Arnolds	Platinum
Camden	Raleigh
Canyon Creek	Sterling
Golden Grip	Thames Valley
Gymstars Costa Rica	Top Flight
Islands YMCA	United Gymstars
Langley	West Broward
Nashoba	World Class
New Hampshire	

Session 4 – Women's Level 8

6:30 PM: General Stretch
7:00 PM: Timed Warm/Competition
9:40 PM: Awards

Participating Gyms:

All American	Legacy
American Elite	Orlando Metro
Armory	STARS
GK	TAG USA
GymJam	TGR
Indigo	Warwick

Gym E - Modified Traditional

Session 1-Women's Level 4

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:20 AM: Awards

Participating Gyms:

Bay City
Gym X Flip Starz
Mid-Michigan
OYT
Prestige
River City

Session 2 – Women's Level 4

11:30 AM: General Stretch
11:50 AM: Timed Warm/Competition
2:45 PM: Awards

Participating Gyms:

Carbonell
Cathleen's
Dream Big
Dumont Villares
Elite - MA
Orlando Metro(11)
Platinum
TGR

Session 3 – Women's Level 4

3:00 PM: General Stretch
3:20 PM: Timed Warm/Competition
6:05 PM: Awards

Participating Gyms:

Academy of Gym.	International
Aim High	Leaps & Bounds
Apex	Orlando Metro(14)
Capital	Piruetas
Colegio Pio XII	

Session 4- Women's Level 4

6:30 PM: General Stretch
6:50 PM: Timed Warm/Competition
9:45 PM: Awards

Participating Gyms:

Gymstars Costa Rica
Islands YMCA
OMG - Waterford
Orlando Metro(3)
Sterling
Superior
Ultimate - GA

Level 4 Team Awards

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Final Schedule
Saturday, January 21, 2012
Jostens Center

Gym D-Modified Capital Cup

Session 5 – Women's Level 8

8:00 AM: General Stretch
8:30 AM: Timed Warm/Competition
11:30 AM: Awards

Participating Gyms:

ENA Paramus	Ozark
Elite Sports	Southeastern
GTC - MI	Starlight
Great Northern	Team Olympia
Kozeev's	United Sports
North Wind	Zappa
Nova	

Session 6 – Women's Level 8

11:30 AM: General Stretch
12:00 PM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

ACPR	LaFleur's – WI
Gym-Kinetics	Midwest
GymNasti	RISE
Hocking Valley	Revolution - CT
LaFleur's Tampa	YMCA Challengers

Level 8 Team Awards

Session 7– Women's Level 7

3:00 PM: General Stretch
3:30 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms:

360	New Image
All American	North Wind
Florida Flips	Nova
Island	Ozark
James	River City
Jam Hops	Team Olympia
Midwest	Universal

Session 8–Women's Level 7

6:30 PM: General Stretch
7:00 PM: Timed Warm/Competition
10:00 PM Awards

Participating Gyms:

Ace-Daytona	Revolution - CT
CATS	Titans
Gym-Kinetics	Tumbleweeds
Hayden's	YMCA Challengers
Islands YMCA	Zappa
Premier	

Gym E-Modified Traditional

Session 5 – Women's Level 6

8:00 AM: General Stretch
8:30 AM: Timed Warm/Competition
11:20 AM: Awards

Participating Gyms:

Arnold's
Elite - MA
Mercury
Mid-Michigan
Prestige
RGA

Session 6 – Women's Level 6

11:30 AM: General Stretch
12:00 PM: Timed Warm/Competition
2:35 PM: Awards

Participating Gyms:

Aim High	Platinum
CG's	River City
Gym X Flip Starz	Sky High
Islands YMCA	Ultimate - IL
New Hampshire	VIGS
OYT	Warwick
Olympia - IL	

Session 7– Women's Level 5 & 6

3:00 PM: General Stretch
3:30 PM: Timed Warm/Competition
6:20 PM: Awards

Participating Gyms:

All Stars(L5 & 6)	Leaps & Bounds(L6)
Brentwood(L6)	Prestige(L5)
CG's(L5)	RISE(L6)
Gym-Kinetics(L6)	Sky High(L5)
International(L5 & 6)	

Level 6 Team Awards

Session 8 – Women's Level 5

6:30 PM: General Stretch
6:50 PM: Timed Warm/Competition
9:50 PM: Awards

Participating Gyms:

Aim High
Cathleen's
Gym X Flip Starz
MI Gym Allstars
Olympia - IL
Ozark
River City
Sterling
Ultimate – IL
VIGS

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Final Schedule

Sunday, January 22, 2012

Jostens Center

Gym D – Modified Capital Cup

Session 9 – Women’s Level 7

8:00 AM: General Stretch
8:30 AM: Timed Warm/Competition
11:10 AM: Awards

Participating Gyms:

Armory
Bay City
Camden
Empire
Fit Club
Guaru
LaFleur’s Tampa
Olympia – IL
Sterling
VIGS
World Class

Session 10 – Women’s Level 7

11:30 AM: General Stretch
12:00 PM: Timed Warm/Competition
3:00 PM: Awards

Participating Gyms:

Barry
Great Northern
IGG
Legacy
Mid-Michigan
Raleigh
Sarasota
South Florida
Starlight
TGR
Titusville
United Sports

Level 7 Team Awards



Gym E - Modified Traditional

Session 9 – Women’s Level 5

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:05 AM: Awards

Participating Gyms:

Academy of Gym.
Capital
Elite - MA
Gymstars Costa Rica
Mid-Michigan
New Hampshire
OMG - Waterford
OYT
Piruetas
Platinum
TGR
Ultimate - GA

Session 10 – Women’s Level 5

11:30 AM: General Stretch
11:50 AM: Timed Warm/Competition
2:50 PM: Awards

Participating Gyms:

Bay City
Carbonell
Empire
Guaru
Islands YMCA
Orlando Metro
RISE
Superior
West Broward

Level 5 Team Awards

