

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

HP Field House

Gym A - Modified Traditional

Session 1 – Men's Level 6

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

Participating Gyms:

American Elite	IGG
Apollo - VA	International
CATS	Jr. Sun Devils
CG's	Langley
Cathleen's	Mid-Michigan
Gym Etc.	New Hampshire
Harbor City	Orlando Metro
Harpeth	RGA
Hayden's	Twisters

Session 2 – Men's Level 6

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

Participating Gyms:

Ace – FL	River City
Apollo – FL	Sky High
East Coast	South Florida
FGTC	South Miami
First Coast	Sun Country
Fit Club	Tataru's
GK	TGR
Jam Hops	TNT
LaFleur's-Tampa	Trousdell's
North Florida	United Gymstars
North Metro	

Level 6 Team Awards

Session 3 – Men's Level 5

3:00 PM: General Stretch
3:15 PM: Timed Warm/Competition
6:30 PM: Awards

Participating Gyms:

Apollo - VA	North Florida
CG's	North Metro
East Coast	RGA
FGTC	River City
Fit Club	South Miami
GK	Tataru's
Gym Etc.	TGR
Harpeth	Twisters
Hayden's	United Gymstars
Jam Hops	

Session 4 – Men's Level 5

6:30 PM: General Stretch
6:45 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Ace-FL	LaFleur's-Tampa
Apollo - FL	Orlando Metro
First Coast	South Florida
Gym South	Sun Country
Harbor City	TAG USA
IGG	TNT
International	

Level 5 Team Awards

Gym B - Modified Traditional

Session 1-Women's Level 9

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

Participating Gyms:

Ace-Daytona	New Image
Aim High	Summit
All American	TAG USA
Fit Club	Thames Valley
Gymstars	Top Flight
Hocking Valley	Tumbleweeds
New Heights	West Broward

Session 2 – Women's Level 9

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

Participating Gyms:

Dynamats	RGA
Indigo	Raleigh
Langley	River City
New Hampshire	Superior
OYT	World Class

Session 3 – Women's Level 9

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

Participating Gyms:

Elite- MA
GymJam
GymNasti
Next Dimension
Orlando Metro
Sarasota
TGR
VIGS

Session 4- Women's Level 9/10/Open

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

Participating Gyms:

Arnolds(L9&10)	International(L9&10)
Capital (L9)	Nashobas(L9&10)
ESGA (L9&10)	Raleigh(L10)
Golden Grip(L10)	Sky High(L9&10)
Gymstars(L10)	Tampa(L9 & 10)

Level 9 Team Awards

Gym C – Modified Traditional

Session 1 – Women's Prep.

Opt.

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:15 AM: Awards

Participating Gyms:

James
Ocean Flippers(10)
Prestige
Sarasota
Stars & Stripes
Top Contenders
United Gymstars

Session 2 – Women's Prep. Opt.

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

Participating Gyms:

Apex
Camden
International
Ocean Flippers(11)
Tampa (11)
Tumbleweeds
West Broward

Session 3 – Women's Prep. Opt.

3:00 PM: General Stretch
3:20 PM: Timed Warm/Competition
6:15 PM: Awards

Participating Gyms:

Ace-Daytona	STARS
All American	TAG USA
Gym Etc.	Tampa(11)
IGG	Universal
LaFleur's Largo	

Session 4 – Women's Prep. Opt.

6:30 PM: General Stretch
6:50 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Ace - FL
All Around
Barry
Bay City
LaFleur's Tampa
Orlando Metro
TGR
Titusville

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Final Schedule
Saturday, January 21, 2012
HP Field House

Gym A-Modified Traditional Session 5 – Men's Level 8

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

Participating Gyms:

Apollo – FL	North Metro
Fairland	RGA
First Coast	Sky High
Gym South	Sun Country
Hayden's	TAG USA
LaFleur's-Tampa	Tataru's
New Hampshire	Trousdell's

Level 8 Team Awards

Session 6 – Men's Level 9

11:45 AM: General Stretch
12:05 PM: Timed Warm/Competition
4:15 PM: Awards

Participating Gyms:

Ace-FL	LaFleur's-Tampa
Apollo - VA	Langley
CATS	MHG
CG's	Nishida's
East Coast	Oldsmar
FGTC	Orlando Metro
Fairland	RGA
First Coast	Sky High
GK	Sun Country
Great Northern	Tataru's
Gym South	Tri Town
Harpeth	Universal
Jr. Sun Devils	

Level 9 Team Awards



Session 7/8–Men's Level 10

4:30 PM: General Stretch
4:50 PM: Timed Warm/Competition
9:30 PM: Awards

Participating Gyms:

Apollo – FL	New Hampshire
Apollo-VA	North Florida
CG's	Orlando Metro
Eagles Wings	RGA
FGTC	RISE
Fairland	River City
First Coast	South Miami
GK	Stick It
Great Northern	Sun Country
Gym South	Tataru's
Harpeth	TGR
Hayden's	Tri Town
MHG	Trousdell's
Mid-Michigan	

Level 10 Team Awards

Gym B-Modified Traditional Session 5 – Women's Level 10/Open

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

Participating Gyms:

Atlantic Coast	Platinum
Gym-Kinetics	RISE
Hocking Valley	Revolution-CT
Indigo	Sarasota
James	TGR
Midwest	Warwick
New Image	West Broward
Next Dimension	World Class
Olympia-IL	

Session 6 – Women's Level 10/Open

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

Participating Gyms:

Canyon Creek	RGA
Capital	Starlight
GymJam(3)	Sterling
GymNasti	Summit
Nova	Tumbleweeds
Olympia-MI	

Session 7– Women's Level 10/Open

2:45 PM: General Stretch
3:15 PM: Timed Warm/Competition
5:35 PM: Awards

Participating Gyms:

Elite Sports	Mid-Michigan
Hayden's	Southeastern(8)
LaFleur's – WI (5)	WGA Texans
Mercury	Zappa

Session 8 –Premier Level 10/Open

5:35 PM: General Stretch
6:05 PM: Timed Warm/Competition
10:00 PM: Awards

Participating Gyms:

Ace-FL
GK
GymJam(6)
LaFleur's Tampa
LaFleur's - WI (6)
Northwind
Orlando Metro
Southeastern (7)
Team Olympia

Level 10 Team Awards

Gym C–Modified Traditional Session 5 – Women's L7/Prep Opt

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

Participating Gyms:

Aim High(L7)	MI Allstars(PO)
American Elite(L7)	Nashoba(L7)
CATS(PO)	New Heights(L7)
International(L7)	Ocean Flippers(PO-11)
Legacy(PO)	South Florida(PO)

PO Team Awards

Session 6 – Women's Level 8/9

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

Participating Gyms:

All Stars(L8)	Mid-Michigan(L9)
CATS(L8)	Sarasota(L8)
Cathleen's(L8&9)	South Florida(L8)
Elite Sports(L9)	Stars & Stripes(L9)
First Coast(L8)	TB Miami(L8)
GymJam(L9)	Titans(L8)
Hayden's(L9)	Tri-Star(L8)
International(L8)	United Gymstars(L9)
James(L8)	WGA Texans (L8&9)
Kozeevs(L9)	Zappa(L9)
Mercury(L8&9)	

Session 7 – Women's Level 7

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

Participating Gyms:

Canyon Creek
Capital
Dream Big
Gym X Flip Starz
Kozeevs
Platinum
Prestige
Ultimate-IL

Session 8 – Women's Level 7

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

Participating Gyms:

Brentwood
ENA Paramus
Langley
OYT
Sky High
Stars & Stripes
Summit
United Gymstars
WGA Texans

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Final Schedule

Gym A –Modified Traditional

Session 9 – Men’s Level 7

8:00 AM: General Stretch
8:20 AM: Timed Warm/Competition
11:45 AM: Awards

Participating Gyms:

Ace- FL	LaFleur’s Tampa
Apollo – FL	New Hampshire
Apollo-VA	North Metro
CATS	Orlando Metro
CG’s	RGA
FGTC	River City
Fairland	Sky High
First Coast	Sun Country
GK	TAG USA
Harbor City	TGR
Hayden’s	TNT
Infinite	Tataru’s
Jam Hops	Twisters
Jr. Sun Devils	United Gymstars

Level 7 Team Awards

Session 10 – Men’s Level 4

11:45 AM: General Stretch
12:00 PM: Timed Warm/Competition
3:15 PM: Awards

Participating Gyms:

Apollo-VA	Oldsmar
CG’s	RISE
Camden	South Miami
FGTC	TAG USA
Fit Club	TGR
International	TNT
Islands YMCA	Tataru’s
Jam Hops	United Gymstars
Nishida’s	

Session 11 – Men’s Level 4

3:15 PM: General Stretch
3:30 PM: Timed Warm/Competition
7:00 PM: Awards

Participating Gyms:

Ace – FL	IGG
Apollo – FL	LaFleur’s Tampa
Brown’s Orbit	North Florida
East Coast	Orlando Metro
First Coast	South Florida
Guaru	Sun Country
Harbor City	Universal

Level 4 Team Awards



Women’s Competition Sunday, January 22, 2012 HP Field House

Gym B - Modified Traditional

Session 9 – Women’s Level 9

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

Participating Gyms:

Atlantic Coast
ENA Paramus
First Coast
GTC-MI
Great Northern
IGG
North Wind
Nova
Olympia – MI
RISE
Starlight
United Sports
Warwick

Session 10 – Women’s Level 9

11:30 AM: General Stretch
12:00 PM: Timed Warm/Competition
3:20 PM: Awards

Participating Gyms:

ACPR
Ace - FL
LaFleur’s Tampa
LaFleur’s - WI
Midwest
Olympia-IL
Revolution – CT
Southeastern
Team Olympia
Tri-Star

Level 9 Team Awards



Gym C –Modified Traditional

Session 9 – Women’s Level 7

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

Participating Gyms:

Elite Sports
Golden Grip
LaFleur’s-WI
Mercury
RGA
STARS
Superior
TB Miami
West Broward

Session 10 – Women’s Level 7

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

Participating Gyms:

Atlantic Coast
First Coast
GTC-MI
New Hampshire
TAG USA
Tampa
Warwick

Session 11 – Women’s Level 7

3:00 PM: General Stretch
3:30 PM: Timed Warm/Competition
6:45 PM: Awards

Participating Gyms:

ACPR
Ace-FL
Elite-MA
Gymstars
Gymstars Costa Rica
Orlando Metro
RISE

Level 7 Team Awards

