

Blue Gym
Saturday January 25, 2025

Session 1A - Blue Gym
Level 2 & Bronze
Time Activity

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

Level 2 Teams: GTCO(8), Tops(7), Westside(13)

Xcel Bronze Team: Champion(7), Global(10),
Tops(7), Gem City(5), GTCO(5), HOA(7), SOGA(16)

Underlined teams need 2 or 3 coaches

Session 2A - Blue Gym
Level 3 & Silver
Time Activity

11:00 - 11:30 Open Stretch
11:35 - Competition Starts

Level 3 Teams: Capitol City(13), GTCO(8), Tops(22),
Westside(13)

Xcel Silver Team: Global(14), Perfect Balance(4),
Tops(5), Gem City(9)

Underlined teams need 2 or 3 coaches

Session 3A - Blue Gym
Level Silver
Time Activity

1:45 - 2:15 Open Stretch
2:20 - Competition Starts

Xcel Silver Team: Fliptastic(24), Champion(11),
HOA(13), Gym-Nation(17), GTCO(13)

Underlined teams need 2 coaches

Session 4A - Blue Gym
Level 7-10
Time Activity

4:45 - 5:15 Open Stretch
5:20 - Competition Starts

Level 7 Teams: Gym-Nation(1), Capitol City(2),
Champion(1), Tops(10), Westside(1)

Level 8 Teams: Gym-Nation(2), GTCO(1), Capitol City(2),
Westside(2), Tops(5)

Level 9 Teams: Champion(1), Tops(6)

Level 10 Teams: Champion(2), GTCO(3), Tops(2)

Blue Gym
Sunday January 26, 2025

Session 5A - Blue Gym
Level 4-6 & Gold
Time Activity

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

Level 4 Teams: GTCO(4), Tops(14), Westside(3)

Level 5 Teams: Westside(2)

Level 6 Teams: Champion(3), Capitol City(9), Tops(11),
Gym-Nation(2), GTCO(4)

Xcel Gold Teams: Global(10), Westside(8), Tops(10)

Underlined teams need 2 or 3 coaches

Session 6A - Blue Gym
Gold
Time Activity

11:30 - 11:20 Open Stretch
12:05 - Competition Starts

Gym-Nation(16), GTCO(13), Champion(13), Fliptastic(17),
Gem City(4), HOA (15), Perfect Balance(3)

Underlined teams need 2 or 3 coaches

Session 7A - Blue Gym
Platinum & Diamond
Time Activity

2:45 - 3:15 Open Stretch
3:20 - Competition Starts

Xcel Platinum Teams: Champion(4), Fliptastic(10), Gem
City(6), Global(10), GTCO(5), HOA(9), Perfect Balance(3)
Tops(3), Westside(6)

Xcel Diamond Team: Champion(5), Fliptastic(6), GTCO(3)

Underlined teams need 2 coaches