



**Gymnastics on the Grand**  
**2022 Invitational Dec 2-4**  
 Grand Rapids, Michigan  
 Friday, December 2

	Exhibit Hall		Ballroom	
	Red Gym	White Gym	Blue Gym	Gold Gym
<p><b>Session 8:00 AM</b></p> <p>Open Stretch: 8:00 am            March In: 8:30 am            Timed Warm-Up: 8:40 am</p>	<p><b>1R: Xcel Silver/Gold Girls</b></p> <p><b>Xcel Silver</b>            Downriver            Lake Side Elite            NorthPointe            PAX            FIT</p> <p><b>Xcel Gold</b>            Downriver            FIT            Hartland            NorthPointe</p>	<p><b>1W - Level 3 Girls</b></p> <p>All American Flames            Downriver            Exceleation            Great Lakes Elite            GTC            Gymnastiks Unlimited            Hartland            MLGA            Midland            SGA</p>	<p><b>1B: XD &amp; L7 Girls</b></p> <p><b>Xcel Diamond</b>            American            Cutting Edge            Exceleation            GRG            Great Lakes Elite            Gym America            Midland / Stuck            Water's Edge            X-Treme</p> <p><b>Level 7 Girls</b>            GRG / GTC            Gymnastics Michiana            Mills / OGI            Stuck / Summit            SGA</p>	<p><b>1G: L10 &amp; XD Girls</b></p> <p><b>Level 10 Girls</b>            All American Flames            Branch            Exceleation / FIT            Grand Traverse Bay            Great Lakes Elite            Gym America            Phoenix / PIM            R Athletics / X-Treme</p> <p><b>Xcel Diamond</b>            Branch            Downriver            Farmington / FIT            Gymnastiks Unlimited            KGI / PAX            Rising Starz            Summit</p>
<p><b>Session 12:30 pm</b></p> <p>Open Stretch: 12:30 pm            March In: 1:00 pm            Timed Warm-Up: 1:10 pm</p>	<p><b>2R: Xcel Silver Girls</b></p> <p>All That Athletics            Bloomfield            EPIC            Farmington            Flips            Flipside            For the Kidz            GIM            Gonyon's            Hastings Flip Club</p>	<p><b>2W: Xcel Silver Girls</b></p> <p>Branch            Exceleation            GRG            Miss Stacey's Flipkins            PIM            Tri-Cities</p>	<p><b>2B: Level 8 Girls</b></p> <p>All American Flames            American            Branch            Cyclone            Flip Tuck            Great Lakes Elite            Gym America            KGI            PIM            R Athletics            X - Treme</p>	<p><b>2G: Level 8 Girls</b></p> <p>Downriver            Exceleation            Flipside            FIT            GRG            GTC            Gym Jesters            Gymnastics Michiana            Gymnastiks Unlimited            Midland            Mills            NorthPointe            OGI            Stuck            Summit</p>
<p><b>Session 5:00 pm</b></p> <p>Open Stretch: 5:00 pm            March In: 5:30 pm            Timed Warm-Up: 5:40 pm</p>	<p><b>3R: Fun Meet Girls</b></p> <p>All That Athletics            ChalkHeadz            FlipSide            GRG            GRG Stars            MLGA            NorthPointe            Rising Starz</p>	<p><b>3W: Fun Meet Girls</b></p> <p>EPIC            GIM            Hartland            Hastings Flip Club            PAX            Westwind</p>	<p><b>3B: Level 7 Girls</b></p> <p>All America Flames            American            Branch            Cyclone            Empowered / EPIC            Exceleation            Farmington            Grand Traverse Bay            Great Lakes Elite            Gym America            Gymnastiks Unlimited            KGI            Midland            NorthPointe            Phoenix / R Athletics            X-Treme</p>	<p><b>3G: Level 9 Girls</b></p> <p>All American Flames            Branch            Cyclone            Exceleation            Grand Traverse Bay            Great Lakes Elite            Gym America            Gymnastics Michiana            Gymnastiks Unlimited            KGI            MLGA            Mills            OGI            PIM            R Athletics            X-Treme</p>



**Gymnastics on the Grand**  
**2022 Invitational Dec 2-4**  
**Grand Rapids, Michigan**  
**Saturday, December 3**

	Exhibit Hall		Ballroom	
	Red Gym	White Gym	Blue Gym	Gold Gym
<b>Session</b> <b>8:00 am</b>  Open Stretch: 8:00 am March In: 8:30 am Timed Warm-Up: 8:40 am	<b>4R: Level 3 Girls</b>  American Branch EPIC Flipside GRG Grand Traverse Bay Gymnastics Michiana PIM	<b>4W: Boys Levels 3/4 &amp; Fun Meet</b>  <b>Fun Meet</b> GRG  <b>Boys Level 3/4</b> All American Flames Branch Cyclone EPIC Exceleration GRG Gym Jesters PIM SGA	<b>4B: Level 6 Girls</b>  American Downriver EPIC Flipside GRG Grand Traverse Bay Great Lakes Elite OGI PIM SGA Summit Water's Edge X-Treme	<b>4G: Xcel Platinum</b>  American Branch Cutting Edge Cyclone Farmington GIM Gonyon's GRG Gym Jesters Midland NorthPointe NorthStar PAX SGA Stuck Waters Edge X-Treme
<b>Session</b> <b>12:30 pm</b>  Open Stretch: 12:30 pm March In: 1:00 pm Timed Warm-Up: 1:10 pm	<b>5R: Xcel Gold Girls</b>  Chalkheadz Cyclone Farmington Gonyon's GRG Miss Stacy's Flipkins NorthStar PAX Phoenix SGA Stuck Water's Edge	<b>5W: Boys Levels 7/8/9/10</b>  All American Flames Branch Cyclone EPIC Exceleration GRG Gym Jesters OGI PIM SGA	<b>5B: Level 6 Girls</b>  Branch Exceleration GTC Gym America Gymnastiks Unlimited KGI Mills Phoenix R Athletics	<b>5G: Level 5 Girls</b> All American Flames Branch Downriver EPIC Exceleration Farmington Flip Tuck GRG Grand Traverse Bay Great Lakes Elite GTC Gym America Gymnastics Michiana Gymnastiks Unlimited Hartland KGI Midland SGA Summit Water's Edge
<b>Session</b> <b>5:00 pm</b>  Open Stretch: 5:00 pm March In: 5:30 pm Timed Warm-Up: 5:40 pm	<b>6R: Xcel Gold Girls</b>  All That Athletics Bloomfield Gymnastics Branch EPIC For the Kidz GTC KGI Lake Side Elite Midland Tri-Cities	<b>6W: Boys Levels 5/6</b>  All American Flames Branch Cyclone EPIC Exceleration GRG Gym Jesters PIM SGA	<b>6B: Level 4 Girls</b>  American Exceleration Flipside GRG Grand Traverse Bay Gymnastics Michiana Gymnastiks Unlimited Hartland KGI Phoenix R Athletics SGA	<b>6G: Event Finals</b>  <b>Qualifying Gymnasts</b> <b>Levels 7-10 &amp; Xcel Diamond</b>



**Gymnastics on the Grand**  
**2022 Invitational Dec 2-4**  
*Grand Rapids, Michigan*  
**Sunday, December 4**

Ballroom		
	Blue Gym	Gold Gym
<p><b>Session</b> <b>8:00 am</b></p> <p>Open Stretch: 8:00 am            March In: 8:30 am            Timed Warm-Up: 8:40 am</p>	<p><b>7B: Xcel Silver Girls</b></p> <p>American            ChalkHeadz            Gymnastiks Unlimited            Hartland            Northstar            Phoenix            Rising Starz            Splitz</p>	<p><b>7G: Level 4 Girls</b></p> <p>All American Flames            Branch            Downriver            EPIC            Farmington            Great Lakes Elite            GTC            MLGA            PIM            Summit            Water's Edge</p>
	Blue Gym	Gold Gym
<p><b>Session</b> <b>12:30 pm</b></p> <p>Open Stretch: 12:30 pm            March In: 1:00 pm            Timed Warm-Up: 1:10 pm</p>	<p><b>8B: Xcel Silver &amp; Xcel Bronze Girls</b></p> <p><b>Xcel Bronze</b>            PAX            ChalkHeadz            FIT            For the Kidz</p> <p><b>Xcel Silver</b>            Cyclone            GTC            Midland            Rising Starz            Stuck</p>	<p><b>8G: Xcel Gold Girls</b></p> <p>American            Exceleration            Flips            Flipside            GIM            Great Lakes Elite            Gymnastiks Unlimited            Midland            PIM            Rising Starz            Splitz</p>
	Blue Gym	Gold Gym
<p><b>Session</b> <b>5:00 pm</b></p> <p>Open Stretch: 5:00 pm            March In: 5:30 pm            Timed Warm-Up: 5:40 pm</p>	<p><b>9B: Xcel Bronze Girls</b></p> <p>All That Athletics            Cyclone            EPIC            GIM            Hastings Flip Club            Rising Starz            Stuck            Tri-Cities</p>	<p><b>9G: Xcel Platinum Girls</b></p> <p>All That Athletics            Bloomfield            Downriver            Exceleration            EPIC            FIT            GTC            Gymnastiks Unlimited            Hartland            KGI            Lake Side Elite            Phoenix            PIM            Rising Starz            Splitz            Tri Cities</p>