



Friday, December 1

	Exhibit Hall				Ballroom	
	Silver Gym	Red Gym	White Gym	Men's Gym	Blue Gym	Gold Gym
<p>Session 8:00 AM</p> <p>Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am</p>	<p>1S: Fun Meet</p> <p>Epic Flipside Miss Stacie's Flipkins</p>	<p>1R: Xcel Silver</p> <p>BAG Branch CG2 For the Kidz NorthPointe PAX Splitz</p>	<p>1W: Xcel Gold</p> <p>All That Athletics American ChalkHeadz Cyclone Epic FGC GIM Gonyon's GRG Great Lakes Elite GymTactics Tri-Citites Water's Edge</p>	<p>1M: Boys Levels 7-10</p> <p>All American Flames Branch Chicago Park Epic Cyclone GRG Gymnastics Academy Gymnastics Michigan PIM Sterling</p>	<p>1B: Girls Level 9</p> <p>All American Flames American Bounce / Champion CG2 Flipside Flip Tuck Great Lakes Elite Gym America Gymnastics Michiana Gymnastiks Unlimited GymTactics KGI / Midland Mills / OGI Phoenix / PIM R Athletics / Summit Troy / X-Treme</p>	<p>1G: Xcel Diamond & Sapphire</p> <p>Xcel Sapphire FGC</p> <p>Xcel Diamond American / Capital City Cutting Edge Cyclone Downriver FIT / GRG Gym America Gymnastiks Unlimited KGI / Midland Northstar Rising Starz Skye High / Summit Sterling / X-Treme</p>
<p>Session 12:30 pm</p> <p>Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm</p>	<p>2S: Fun Meet</p> <p>BAG All That Athletics GIM GRG Stars Hastings Flip Club</p>	<p>2R: Fun Meet</p> <p>Hartland KGI Mildand NorthPointe Showtime Westwind</p>	<p>2W: Girls Level 3</p> <p>Downriver Elite Sports Academy FGC Flipside Gymnastiks Unlimited GymTactics Hartland Maximum PIM Splitz</p>	<p>2M: Boys Levels 4-6</p> <p>All American Flames Branch Epic Cyclone GRG Gym Jesters Gymnastics Michigan Gymnastiks Unlimited PIM Showtime Sterling</p>	<p>2B: Level 8</p> <p>All American Flames Capital City Flips Great Lakes Elite GTC Gym America Gymnastiks Unlimited GymTactics New Heights R Athletics Summit Troy / X-Treme</p>	<p>2G: Girls Level 8 & 10</p> <p>Level 8 Bounce Epic / GRG Gymnastics Michiana KGI / Mills OGI</p> <p>Level 10 All American Flames Bounce / Gym America R Athletics / X-Treme</p>
<p>Session 5:00 pm</p> <p>Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm</p>	<p>3S: Fun Meet</p> <p>ChalkHeadz GRG Rising Starz GRG Stars Water's Edge</p>	<p>3R: Level 3</p> <p>All America Flames Branch Capital City Flips Gymnastics Michiana Troy</p>	<p>3W: Level 4</p> <p>American CG2 Elite Sports Academy Epic Flipside GRG Great Lakes Elite GTC KGI</p>	<p>2M: Boys Level 3 & Fun</p> <p>All American Flames Branch Epic Cyclone GRG Gymnastics Michiana PIM Sterling</p>	<p>3B: Girls Level 7</p> <p>All American Flames American Capital City Flips GTC Gym America Gymnastiks Unlimited Maximum Midland PIM R Athletics Troy X-Treme</p>	<p>3G: Girls Level 7</p> <p>Downriver Epic / FGC Flipside / GRG Grand Traverse Bay Great Lakes Elite GymTactics Gymnastics Michiana KGI / Mills NorthPointe OGI / Phoenix Sterling / Stuck Summit / Water's Edge</p>



Gymnastics on the Grand
2023 Invitational Dec 1-3
Grand Rapids, Michigan
Saturday, December 2

	Exhibit Hall			Ballroom	
	Silver Gym	Red Gym	White Gym	Blue Gym	Gold Gym
<p style="text-align: center;">Session 8:00 am</p> <p>Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am</p>	<p style="text-align: center;">4S: Xcel Bronze</p> <p>ChalkHeadz Cyclone PAX PIM Rising Starz Skye High</p>	<p style="text-align: center;">4R: Girls Level 3</p> <p>American Champion Epic GRG Grand Traverse Bay KGI Kiki's Midland Water's Edge</p>	<p style="text-align: center;">4W: Xcel Silver</p> <p>Bloomfield Capital City Epic Great Lakes Elite Miss Stacey's Flipkins Northstar Skye High</p>	<p style="text-align: center;">4B: Girls Level 6</p> <p>American Captial City Flips FGC GTC Great Lakes Elite KGI NorthPointe Phoenix R Athletics Sterling Summit Water's Edge X-Treme</p>	<p style="text-align: center;">4G: Girls Level 6</p> <p style="text-align: center;">Level 6</p> <p>Downriver / Flipside Grand Traverse Bay GRG Gymnastiks Unlimited GymTactics / Midland Mills / New Heights OGI / Stuck</p> <p style="text-align: center;">Xcel Platinum</p> <p>Flipside GRG / GymJester Gymnastiks Unlimited Midland / Stuck</p>
<p style="text-align: center;">Session 12:30 pm</p> <p>Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm</p>	<p style="text-align: center;">5S: Xcel Bronze</p> <p>All That Athletics Flip Tuck For the Kidz Hastings Flip Club MGC GIM Showtime</p>	<p style="text-align: center;">5R: Xcel Silver</p> <p>Cyclone FIT GRG Midland PIM Tri-Cities</p>	<p style="text-align: center;">5W: Girls Level 5</p> <p>All American Flames Champion / Downriver Downriver Elite Sports Academy Grand Traverse Bay Great Lakes Elite GTC / Gym America Gymnastics Michiana Hartland / Maximu Midland / Mills PIM / R Athletics Splitz / Summit Troy / Waters Edge</p>	<p style="text-align: center;">5B: Xcel Platinum</p> <p>All That Athletics Bloomfield ChalkHeadz Cutting Edge CG2 / Cyclone Downriver / Epic FIT / Great Lakes Elite GTC / Hartland Northstar Phoenix / PIM Skye High Splitz / Sterling</p>	<p style="text-align: center;">5G: Xcel Platinum</p> <p>Branch Capital City Flips FGC GIM Gonyon's KGI New Heights PAX Rising Starz</p>
<p style="text-align: center;">Session 5:00 pm</p> <p>Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm</p>	<p style="text-align: center;">6S: Xcel Bronze</p> <p>BAG Epic Gymnastiks Unlimited Miss Stacies Flipkins Stuck Tri-Cities</p>	<p style="text-align: center;">6R: Girls Level 4</p> <p>All American Flames Branch Capital City Flips Downriver / FGC Grand Traverse Bay Gymnastics Michiana Gymnastiks Unlimited Kiki's / Maximum PIM / R Athletics Splitz / Sterling Summit</p>	<p style="text-align: center;">6W: Girls Level 3 & 4</p> <p style="text-align: center;">Level 3</p> <p>Great Lakes Elite GTC Mills / Showtime Sterling</p> <p style="text-align: center;">Level 4</p> <p>Champion GymTactics Hartland / Mills Troy / Waters Edge</p>	<p style="text-align: center;">6B: Event Finals</p>	<p style="text-align: center;">6G: Event Finals</p>



Sunday, December 3

	Ballroom	
	Blue Gym	Gold Gym
Session 8:00 am Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am	7B: Xcel Silver All That Athletics GTC KGI Rising Starz Stuck	7G: Xcel Gold Branch FIT Flipside GTC MGC Northstar Phoenix
Session 12:30 pm Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm	8B: Xcel Silver American ChalkHeadz Downriver FGC GymTactics Hastings Flip Club MGC Phoenix	8G: Xcel Gold Capital City Flips For the Kidz Gymnastiks Unlimited Hartland PAX Rising Starz Splitz
Session 5:00 pm Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm	9B: Xcel Gold Bloomfield Downriver KGI Midland Miss Stacie's Flipkins NorthPointe PIM Sterling Stuck Skye High	9G: Xcel Silver Champion Flipside GIM Hartland Rising Starz