Grey Gym – Friday, February 7th

Sessions	Gym	Levels	Open Gym	March-In	Timed Warm-up	
01G	Grey	7	8:00 AM	8:20 AM	8:30 AM	
TEAMS: AAGA, AMERGOLD, CAHOYS, CHOWS, LEGACY, NETWIST, NSG, OMAHA, PINNACLE, PIONEER, TRINITI, WICHITA						
02G	Grey	XG	11:15 AM	11:35 AM	11:40 AM	
TEAMS: MEGA, OMAHA, PINNACLEKC, PIONEER, RISEABOVE, RUBY, SIOUXLAND, SOLIDROCK, STRIVE, TRINITI						
03G	Grey	XD	2:30 PM	2:55 PM	3:00 PM	
TEAMS: CHOWS, GKBLAZE, IGN, LEGACY, MCCRACKENS, OMAHA, PINNACLE, PURE, RUBY, SALUTE, SAPPHIRE, SIOUXLAND, SYNERGY, ZNZ						
04G	Grey	6	5:40 PM	6:00 PM	6:05 PM	
TEAMS: AAGA, AMERGOLD, CHOWS, NETWIST, NSG, OMAHA, PINNACLE, PIONEER, SUCCESS, TRINITI, VIP						

Grey Gym – Saturday, February 8th

Sessions	Gym	Levels	Open Gym	March-In	Timed Warm-up				
05G	Grey	9	8:00 AM	8:25 AM	8:30 AM				
TEAMS: AAGA, AMERGOLD, APEX, CAPITAL, CHOWS, CTG, IGN, JUSTJYM, MCCRACKENS, NHGA, NSG, OMAHA, PINNACLE, RRVA, SUCCESS, SYNERGY, TRINITI, ZNZ									
06G	06G Grey 8 11:30 AM 11:55 AM 12:00 PM								
TEAMS: AMERGOLD, CAHOYS, CTG, GYMTEGRITY, IGN, JUSTJYM, MCCRACKENS, NETWIST, NSG, PINNACLE, RRVA, ZNZ									
07G	Grey	L8/L10 – JR*	2:25 PM	2:50 PM	2:55 PM				
TEAMS: AAGA, APEX, CAPITAL, CHOWS, DYNAMO, GYMTEGRITY, HELIX, IGN, METROPLEX, NETWIST, NHGA, NSG, OMAHA, PINNACLE, PIONEER, SUCCESS, SYNERGY, TRINITI, VALLEY, VIP, WICHITA									
08G Grey 10 – SR* 5:30 PM 5:55 PM 6:00 PM									
TEAMS: AAGA, AMERGOLD, CHOWS, DYNAMO, HELIX, IGN, JUSTJYM, METROPLEX, NETWIST, NSG, OMAHA, PINNACLE, PIONEER, RRVA, SUCCESS, ZNZ									

Grey Gym – Sunday, February 9th

Sessions	Gym	Levels	Open Gym	March-In	Timed Warm-up		
09G	Grey	XS/XB	8:00 AM	8:15 AM	8:25 AM		
TEAMS: IGN, LEGA	TEAMS: IGN, LEGACY, MEGA, RISEABOVE(XS), RUBY, SOLIDROCK, STRIVE, TRINITI, VALLEY, WICHITA						
10G	Grey	3	11:15 AM	11:30 AM	11:35 AM		
TEAMS: AMERGOLD, CAHOYS, OMAHA, PANHANDLE, PIONEER, RUBY, TRINITI, WICHITA, ZNZ							
11G	Grey	XS/L2	2:05 PM	2:20 PM	2:25 PM		
TEAMS: FLIPPERS, GKBLAZE, IGN, NETWIST, NSG, RISE, SIOUXLAND, VIP							
12G	Grey	ХВ	4:55 PM	5:10 PM	5:15 PM		
TEAMS: GKBLAZE, OMAHA, RISE, SAPPHIRE, SIOUXLAND, VIP, ZNZ							

Scheduling Notes:

- The Award Ceremony will commence 15 minutes after the session ends
- Level 10 Team Awards will occur during session 8G Award Ceremony
- If your team has a level in more than one session, your coach will let you know which session you will compete in.
- For Level 10 Gymnasts, age determination is as follows:
 - Junior age group age 16 and under / born 2009 or later
 - Senior age group age 17 and older / born 2008 or prior

Black Gym – Friday, February 7th

Sessions	Gym	Levels	Open Gym	March-In	Timed Warm-up			
01B	Black	XG	8:00 AM	8:20 AM	8:30 AM			
	TEAMS: OMAHA, PURE, RISE, SALUTE, SAPPHIRE, VALLEY, VIP, WICHITA							
02B	Black	L6/L7	11:15 AM	11:35 AM	11:40 AM			
TEAMS: CAHOYS, CAPITAL, CTG, FLIPPERS, GMG, GYMTEGRITY, HELIX, IGN, JUSTJYM, NHGA, PANHANDLE, RRVA, RUBY, SUCCESS, VALLEY, VIP, WICHITA, ZNZ								
03B	03B Black 4 2:30 PM 2:55 PM 3:00 PM							
TEAMS: AMERGOLD, IGN, NETWIST, OMAHA, PANHANDLE, PINNACLE, SAPPHIRE, VALLEY, VIP, ZNZ								
04B	Black	5	5:40 PM	6:00 PM	6:05 PM			
	TEAMS: AAGA, AMERGOLD, CAHOYS, CHOWS, IGN, NETWIST, NSG, OMAHA, PANHANDLE, PINNACLE, PURE, SAPPHIRE, TRINITI, WICHITA, ZNZ							

Black Gym – Saturday, February 8th

Sessions	Gym	Levels	Open Gym	March-In	Timed Warm-up	
05B	Black	XP/XSA	8:00 AM	8:25 AM	8:30 AM	
TEAMS: AAGA, CAHOYS, CAPITAL, CHOWS, GKBLAZE, MEGA, NSG, PINNACLE, PIONEER, RISE, RISEABOVE, SALUTE, SIOUXLAND, SOLIDROCK, STRIVE						
06B	Black	XG	11:30 AM	11:55 AM	12:00 PM	
TEAMS: AAGA, APEX, CAHOYS, CHOWS, FLIPPERS, GKBLAZE, IGN, LEGACY, MCCRACKENS, NHGA, NSG, ZNZ						
07B	Black	4	2:25 PM	2:50 PM	2:55 PM	
TEAMS: AAGA, CAHOYS, CAPITAL, CHOWS, CTG, GMG, NSG, PIONEER, PURE, RUBY, TRINITI, WICHITA						
08B	Black	XP	5:30 PM	5:55 PM	6:00 PM	
TEAMS: IGN, LEGACY, MCCRACKENS, OMAHA, PINNACLEKC, PURE, SAPPHIRE, SYNERGY, TRINITI, WICHITA, ZNZ						

Black Gym - Sunday, February 9th

Sessions	Gym	Levels	Open Gym	March-In	Timed Warm-up		
09В	Black	XS	8:00 AM	8:15 AM	8:25 AM		
	TEAMS: AAGA, OMAHA, SALUTE, SAPPHIRE, ZNZ						
10B	Black	3	11:15 AM	11:30 AM	11:35 AM		
TEAMS: AAGA, CTG, IGN, NETWIST, NSG, PURE, SAPPHIRE, VALLEY							
11B	Black	XS	2:05 PM	2:20 PM	2:25 PM		
TEAMS: OMAHA, PIONEER, PURE, TRINITI, WICHITA							
12B	Black	ХВ	4:55 PM	5:10 PM	5:15 PM		
	TEAMS: AAGA, OMAHA, PURE, RISEABOVE, SALUTE						

Scheduling Notes:

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