

# 2008 Sand Dollar/Whitlow Invitational

## Schedule

This is the schedule for the 2008 Sand Dollar/Whitlow Invitational. Please check the web site ([www.egoboosters.org](http://www.egoboosters.org)) prior to leaving for Orlando for any changes in session start times. We will have 4 gyms running simultaneously all three days. Gyms A, B & C will run in the main arena and Gym D upstairs. Gym A will be utilized for men's competition Friday and Saturday through Session 7. Women's competition will follow in Gym A, Session 8 and continue through the end of the meet. Gyms B, C & D will hold Women's Competition only. Be sure to check for your club in all four gyms! Individual awards follow each session.

### Friday, January 25, 2008

#### Women's Competition

#### 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:

Acadiana	JFJ Elite
Airborne-CO	Kokomo
American Gym.	Southeastern
GTC Utah	United Sports
Giguere's	Viagym
GymNasti	

#### Session 2 - Women's Level 9

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

##### Participating Gyms:

Accelerations	Olympic-MN
All American Flames	Oshkosh
Central Coast	Rockford
Gym & More	Splitz
Gymnix	Swiss Turners
International	Wright's
International Gold	Zenith Elite

#### Session 3 - Women's Level 9

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

##### Participating Gyms:

Aerials - IL  
Artistic Sports  
Clark's  
ESGA All Stars  
Gym-Alliance  
Hocking Valley  
TNT  
Unique Sports

#### Session 4 - Level 9 & 10/Open

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

##### Participating Gyms:

Calvin Twisters (L10)	Reflexes (L9)
ESGA All Stars (L10)	Rockford (L10)
Gold Medal (L9&10)	St. Charles (L9)
Gym. Unlimited (L9)	United Sports(L10)
Hayden's (L9)	Wilkey's (L10)
Nat. Gym Village (L9)	Zenith Elite (L10)

##### Level 9 Team Awards

#### Gym C - Modified Capitol Cup Session 1 - Women's Level 8

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

##### Participating Gyms:

Accelerations	Oshkosh
All American Flames	Rockford
Clinton Turner	Splitz
Gym & More	TNT
Gym-Alliance	Unique Sports
Gymnix	Westside
Lider Club	Zenith Elite
Olympic-MN	

#### Session 2 - Women's Level 8

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

##### Participating Gyms:

Acadiana	Kokomo
Airborne	Laval-Excellence
Alajuella	Nat. Gym Village
Capital	Revolution - FL
Cathleen's	South Florida
GTC Utah	St. Charles
Galaxy	Tumbleweeds
Gold Medal	United Sports
GymNasti	Viagym
JFJ Elite	

#### Session 3 - Women's Level 8

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

##### Participating Gyms:

Biegers	North Florida
Broadway	Prestige
Central Coast	Reflexes
Gym. Unlimited	Stars & Stripes
Gymnika	United Gymstars
Haydens	Wright's
International	

#### Session 4 - Women's Level 8

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

##### Participating Gyms:

All Around	Legacy - KY
Calvin Twisters	Oshkosh
Giguere's	Prattville
Gym America	Sagym
Gym Plus-CO	Southeastern
Gym World	Swiss Turners
Legacy - FL	YMCA Aerials

#### Gym D - Modified Traditional Session 1 - Women's Prep Opt.

8:00 AM: General Stretch  
8:30 AM: Timed Warm/Competition  
11:10 AM: Awards

##### Participating Gyms:

All Around  
Biegers  
Broadway  
International Gold  
Orlando Metro  
Revolution - FL  
South Florida  
Stars & Stripes  
Tumbleweeds

#### Session 2 - Women's Prep Opt.

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

##### Participating Gyms:

Giguere's  
Gym. Unlimited  
LaFleur's Largo  
TNT  
Westside

##### PO Team Awards

#### Gym D - Modified Capital Cup

#### Session 3 - Women's Level 4

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

##### Participating Gyms:

Alajuella	Gold Medal
All American Flames	Legacy - KY
All Around	Lider Club
American Gym.	Palm Beach
Giguere's	St. Charles

#### Session 4 - Women's Level 4

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

##### Participating Gyms:

Biegers	Lone Star
Capital	Magic Valley
Carbonell	North Florida
Cathleen's	Octaviano's
Clark's	Southeastern
Hocking Valley	TNT
Integrity	Unique Sports
International Gold	United World

# 2008 Sand Dollar/Whitlow Invitational

## Schedule

### Women's Competition Saturday, January 26, 2008

#### Gym B-Modified Traditional Session 5 – Level 10/Open

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

##### Participating Gyms:

Alabama Elite	Legacy - KY
Alabama Starz	Lider Club
Courthouse	Magic Valley
Gym-Alliance	Michigan Elite
Gym Company	Olympic - MN
Gym-Kinetics	Powerhouse
GymNasti	Prattville
Gymnici	Sagum
Gym-Plus(Quebec)	Windsor
Gym World	YMCA Aerials
JFJ Elite	

#### Session 6 – Level 10/Open

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

##### Participating Gyms:

Artistic Sports	Oakland
Cartersville	Olympia-IL
Giguere's	Olympia - MI
Gymnix	Tri-Star
Integrity	United Gymstars
LaFleur's Largo	Viagym
Laval-Excellence	YMCA Challengers
Mercury	

#### Session 7 – Level 10/Open

3:00 PM: General Stretch  
3:30 PM: Timed Warm/Competition  
5:40 PM: Awards

##### Participating Gyms:

Aerials – IL (5)	Gym Plus - CO
Chattanooga	Gym Unlimited (2)
Envol	Orlando Metro (4)
Gym & More	Oshkosh (2)
Gymelites	US Gym. - NJ

#### Session 8 – Level 10/Open Premiere Session

5:40 PM: General Stretch  
6:10 PM: Timed Warm/Competition  
10:00 PM Awards

##### Participating Gyms:

Aerials – IL (6)	Ontario
Gym. Unlimited (6)	Oshkosh (5)
M & M	Southeastern
Metzler's	Starlight
Orlando Metro (8)	

##### Level 10 Team Awards

#### Gym C-Modified Capital Cup Session 5 – Women's Level 8

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

##### Participating Gyms:

Armory	NC Twisters
Cartersville	Octaviano's
Chattanooga	Olympia - MI
Envol	Rising Starz
Gym Like This	St. Louis Spirits
Mercury	Tri-Star

#### Session 6 – Women's Level 8

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

##### Participating Gyms:

Alabama Starz	Hill's
Apex	Michigan Elite
Courthouse	Ontario
Gym Company	PJC
Gymelites	Powerhouse
Gym-Kinetics	Starlight
Gym-Plus – Quebec	Windsor

#### Session 7 – Women's Level 8

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

##### Participating Gyms:

1 <sup>st</sup> Class	M & M
Artistic Sports	New Hampshire
Hurricane	Oakland
Integrity	Orlando Metro
Just Jymnastics	Rose City
LaFleur's Largo	YMCA Challengers
Liberty County	

##### Level 8 Team Awards

#### Session 8 – Women's Level 7

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

##### Participating Gyms:

Accelerations	Legacy - KY
Calvin Twisters	New Hampshire
Gym Company	Northbrook
Gym World	PJC
Haydens	Unique Sports
JFJ Elite	Zenith Elite



#### Gym D-Modified Capital Cup Session 5 – Women's Level 4

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

##### Participating Gyms:

1st Class	Le Studio
AMR	Liberty County
Barlow's	Olympia - IL
Bensalem	Orlando Metro
FGTC	Phoenix
Gems	Revolution-FL
Head Over Heels	US Gym. -NJ
Hurricane	

##### Level 4 Team Awards

#### Session 6 – Women's Level 5

11:30 AM: General Stretch  
11:50 AM: Timed Warm/Competition  
3:00 PM: Awards

##### Participating Gyms:

1 <sup>st</sup> Class	New Hampshire
AMR	Northbrook
Carbonell	Octaviano's
Gold Medal	Rising Starz
Head Over Heels	Southeastern
Liberty County	US Gym. - NJ
Lone Star	Unique Sports
Magic Valley	

#### Session 7 – Women's Level 5

3:00 PM: General Stretch  
3:20 PM: Timed Warm/Competition  
6:30 PM: Awards

##### Participating Gyms:

Accelerations	Lone Star
Barlow's	Olympia - IL
Bensalem	Orlando Metro
Capital	TNT
Legacy - KY	

##### Level 5 Team Awards

#### Session 8 – Women's Level 5

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

##### Participating Gyms:

Acadiana	Hurricane
All Around	Le Studio
Biegers	North Florida
Clark's	Oakland
FGTC	South Miami
Gems	Splitz
Gym & More	St. Charles
Gym. Unlimited	

# 2008 Sand Dollar/Whitlow Invitational

## Schedule

### Women's Competition Sunday, January 27, 2008

#### 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:

Alabama Starz	Rising Starz
Cartersville	Tri-Star
Gym-Plus-Quebec	United Gymstars
Mercury	YMCA Challengers
Oakland	

##### Session 10– Women's Level 9

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

##### Participating Gyms:

Gym Company	Michigan Elite
Gym Like This	Olympia - MI
Gymnici	South Florida
LaFleur's Largo	Ultimate
Metzler's	Wabash Valley

##### Session 11 – Women's Level 9

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

##### Participating Gyms:

Broadway	Gym-Kinetics
Charleston Twisters	Just Jymnastics
Chattanooga	Laval-Excellence
Courthouse	Palm Beach
Gadbois	Revolution-Canada
Gymelites	Starlight

##### Session 12 – Women's Level 9

6:30 PM: General Stretch  
7:00 PM: Timed Warm/Competition  
9:30 PM: Awards

##### Participating Gyms:

Biegers	Ontario
Elite Energy	Orlando Metro
Hurricane	Stars & Stripes
M & M	Tri-State

##### Level 9 Team Awards



#### Gym C - Modified Capital Cup

##### Session 9 – Women's Level 7

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

##### Participating Gyms:

Apex	Michigan Elite
Armory	North Florida
Cathleen's	Southeastern
GymNasti	US Gym. - NJ
Metzler's	United Sports

##### Session 10 – Women's Level 7

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

##### Participating Gyms:

Chattanooga	Le Studio
Gymelites	Lone Star
Gym-Kinetics	Oakland
Hocking Valley	Revolution - Canada
Integrity	Splitz
International Gold	Tri-Star
Just Jymnastics	Tri State

##### Session 11 – Women's Level 7

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

##### Participating Gyms:

Alabama Elite	Olympia - MI
Alajucla	Ontario
American Gym	Rockford
Gym Like This	Stars & Stripes
Gymnici	Tumbleweeds
Jubilee	

##### Session 12 – Women's Level 7

6:30 PM: General Stretch  
7:00 PM: Timed Warm/Competition  
9:45 PM: Awards

##### Participating Gyms:

Broadway  
GGA  
LaFleur's Largo  
Laval-Excellence  
Orlando Metro  
Starlight

##### Level 7 Team Awards



#### Gym D –Modified Capital Cup

##### Session 9 – Women's Level 5

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

##### Participating Gyms:

All American Flames	Rockford
American Gym.	Spins
GGA	Ultimate
Hocking Valley	United Sports
Integrity	United World
Nastics	

##### Level 5 Team Awards

##### Session 10 – Women's Level 6

11:30 AM: General Stretch  
12:05 PM: Timed Warm/Competition  
3:15 PM: Awards

##### Participating Gyms:

1 <sup>st</sup> Class	New Hampshire
Acadiana	Northbrook
Accelerations	Octaviano's
Capital	Rising Starz
Cathleen's	Rockford Academy
Galaxy	Southeastern
Giguere's	St. Charles
Gym & More	United Sports
Legacy – KY	US Gym. NJ

##### Session 11 – Women's Level 6

3:15 PM: General Stretch  
3:50 PM: Timed Warm/Competition  
6:35 PM: Awards

##### Participating Gyms:

All American Flames	Oakland
FGTC	Orlando Metro
GGA	Phoenix
Head Over Heels	South Miami
Hocking Valley	Splitz
Hurricane	St. Louis Spirits
Integrity	Tri-State
Le Studio	Ultimate
Liberty County	Unique Sports
Lone Star	United World
North Florida	

##### Level 6 Team Awards



# 2008 Sand Dollar/Whitlow Invitational

## Schedule

### Friday, January 25, 2008 Gym A – Traditional Format

#### Session 1 – Men's Level 4

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

#### Participating Gyms:

Ace	LaFleur's Tampa
Armory	Lone Star
Camden	North Florida
Elite Energy	Orlando Metro
Giguere's	Revolution-FL
Harbor City	South Miami
Integrity	United Gymstars

#### Session 2– Men's Level 5

11:30 AM: General Stretch  
11:50 AM: Timed Warm/Competition  
3:10 PM: Awards

#### Participating Gyms:

Ace	Lone Star
Armory	Michigan Elite
Cartersville	New Hampshire
FGTC	North Florida
Giguere's	Orlando Metro
Harbor City	South Miami
Integrity	TAGS South
LaFleur's Tampa	Ultimate
Legacy - KY	United Gymstars

#### Session 3 – Men's Level 4 & 5

3:10 PM: General Stretch  
3:30 PM: Timed Warm/Competition  
6:40 PM: Awards

#### Participating Gyms:

Alajuella (L4&5)	Gym-Ken (L4&5)
Bensalem(L5)	Lider Club (L4&5)
Brentwood (L5)	Lightning City (L4&5)
Camden(L5)	Octaviano's (L4&5)
Clinton Turner(L4&5)	Oldsmar (L4&5)
Elite Energy (L5)	Star & Stripes (L4&5)
Gallagher's (L4&5)	TNT(L4&5)
Gym & More (L5)	

#### Level 4 & 5 Team Awards

#### Session 4 – Men' Level 6 & 7

6:40 PM: General Stretch  
7:00 PM: Timed Warm/Competition  
10:00 PM: Awards

#### Participating Gyms:

Camden (L6&7)	Michigan Elite(L6&7)
Charleston (L6&7)	New Hampshire(L7)
Clinton Turner (L6)	Oldsmar (L6&7)
FGTC (L6&7)	Orlando Metro(L7)
Giguere's (L6&7)	Stars & Stripes(L7)
Gym & More (L6&7)	TAGS South (L7)
Haydens (L6&7)	Ultimate (L6)
Integrity (L6&7)	Windsor (L7)
Lightning City (L6)	

### Saturday, January 26, 2008 Gym A- Traditional Format

#### Session 5 – Men's Level 6

8:00 AM: General Stretch  
8:20 AM: Timed Warm/Competition  
10:55 AM: Awards

#### Participating Gyms:

Ace	North Florida
All Around	Octaviano's
Armory	Orlando Metro
Brentwood	Revolution-FL
Cartersville	Sagym
Gym-Ken	Stars & Stripes
LaFleur's Tampa	TNT
Legacy-KY	United Gymstars
Lone Star	Windsor

#### Level 6 Team Awards

#### Gym A- Modified Traditional

#### Session 6– Men's Level 8 & 9

10:55 AM: General Stretch  
11:15 AM: Timed Warm/Competition  
2:15 PM: Awards

#### Participating Gyms:

Ace (L8)	Integrity (L9)
Alajuella (L8)	LaFleur's Tampa (L8&9)
Brentwood (L9)	Legacy – KY (L8&9)
FGTC (L8&9)	Michigan Elite (L9)
Giguere's(L8)	Midwest Twisters(L9)
Gym & More(L9)	New Hampshire (L8)
Gym-Ken (L8)	Orlando Metro (L9)
Harbor City (L8)	South Miami (L8)
Haydens (L9)	TAGS South (L9)

#### Level 7/8 Team Awards

#### Session 7 – Men's Level 10

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

#### Participating Gyms:

Ace	Midwest Twisters
Cartersville	NC Twisters
Charleston Twisters	Ontario
FGTC	Orlando Metro
Gym & More	South Florida
Integrity	South Miami
LaFleur's Tampa	Ultimate - IL
Legacy-KY	Windsor

#### Level 9/10 Team Awards

#### Session 8–Women's Level 7

6:45 PM: General Stretch  
7:15 PM: Timed Warm/Competition  
10:00 PM: Awards

#### Participating Gyms:

Capital	Prestige
Cartersville	Rising Starz
GTC-Utah	Windsor
Lider Club	YMCA Aerials
Prattville	

### Sunday, January 27, 2008 Gym A- 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:

1 <sup>st</sup> Class	Gold Medal
Acadiana	Gym America
Barlow's	Kokomo
Central Coast	Olympia - IL
FGTC	TNT
Giguere's	

#### Session 10– Women's Level 7

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

#### Participating Gyms:

Alabama Starz	Mercury
Future Flipz	Palm Beach
Gymnika	Phoenix
Head Over Heels	Reflexes
Hurricane	South Miami
Liberty County	United Gymstars

#### Session 11 – Women's Level 7

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

#### Participating Gyms:

Biegers	Octaviano's
Champion	Powerhouse
Elite Energy	Wabash Valley
Gym & More	YMCA Challengers
Gym. Unlimited	

#### Session 12 – Women's Level 7

6:30 PM: General Stretch  
7:00 PM: Timed Warm/Competition  
9:40 PM: Awards

#### Participating Gyms:

Charleston Twisters
Courthouse
Legacy – FL
South Florida
St. Charles
St. Louis Spirits

#### Level 7 Team Awards

