

2025 Sand Dollar/Whitlow Invitational

Final Gym D Schedule

This is the schedule for the 2024 Sand Dollar/Whitlow Invitational. Although the session start/end times may change, the session assignments or days will not. Please check the web site (orlandometrogyms.com) prior to leaving for Orlando for the final session start times.

Requests to change sessions at this point cannot be honored. We will have 4 gyms running simultaneously, Gyms A, B, C, & D

Modified Traditional

Friday, January 24, 2025

Session 1 – Men’s Level 3/XS

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:15 AM: Awards

Participating Gyms:

Ace	Orlando
Balance	Orlando Metro
Golden City	RAD
Gulf Coast Elite	Sun Country
Islands Y	Supernova
MGA Elite	TGR
Nishida’s	TNT
Nova	Top Contenders
NTS	Tumblebees

Level 3 Team Awards

Session 2 – Men’s Level 4

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:30 PM: Awards

Participating Gyms:

Ace	Orlando
Balance	Orlando Metro
Golden City	RAD
Gulf Coast Elite	Sun Country
Gymnastix	TGR
Islands Y	TNT
Maine Acad.	Top Contenders
MGA Elite	Tumblebees
Nova	

Level 4 Team Awards

Session 3 – Men’s Level 5-7

2:30 PM: General Stretch
2:45 PM: Timed Warm/Competition
5:45 PM: Awards

Participating Gyms:

Ace	Incline	Orlando
Balance	Islands Y.	RAD
Cartersville	Maine Acad..	Sun Country
Golden City	MGA Elite	TGR
Gulf Coast Elite	Nova	TNT
Gymnastix	NTS	Top Contenders

Level 5 & 7 Team Awards

Session 4 – Men’s Level 8-10

5:45 PM: General Stretch
6:00 PM: Timed Warm/Competition
9:45 PM: Awards

Participating Gyms:

Cartersville	Orlando Metro
Golden City	Southern Starz
Gulf Coast Elite	Sun Country
Gymnastix	TGR
Incline	TNT
Islands Y	Top Contenders
NTS	Tumblebees
Orlando	

Team Awards

Modified Capital Cup

Saturday, January 25, 2025

Session 5 – Women’s Level 6

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:15 AM: Awards

Participating Gyms:

Altadore	Jam Jev
Chattanooga	LaFleur’s Largo
FGTC	Morrison
Gravite	Southeastern
Gym Like This	Southern Starz
Gym USA	TAG USA
JAG	

Session 6 – Women’s Level 6

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:30 PM: Awards

Participating Gyms:

ASI	Jam Hops
FGTC	Palm Coast
Florida Elite	Raleigh SOG
Gym Unlimited - NC	SGA
Gymnaska Voltgeurs	Supernova
I-Power	TNT

Session 7 – Women’s Level 6

2:30 PM: General Stretch
2:45 PM: Timed Warm/Competition
6:00 PM: Awards

Participating Gyms:

BIO	Nashoba
Carter’s	R & R
Cartersville	Starlight
Charis	Summit
Gym Unlimited – FL	United Dothan
Megagym	

Session 8 – Women’s Level 6

6:00 PM: General Stretch
6:15 PM: Timed Warm/Competition
9:15 PM: Awards

Participating Gyms:

Alpha
Chantilly
Elite Core
Islands Y
Lakewood Ranch
NTS
Orlando Metro (10)
Revolution
STARS
Thomas

Sunday, January 26, 2025

Session 9 – Women’s Level 6

8:00 AM: General Stretch
8:15 AM: Timed Warm/Competition
11:00 AM: Awards

Participating Gyms:

Acrogym
Believe
Cabarrus County
LaFleur’s Tampa
Leading Edge
Maine Academy
Orlando Metro (24)
South Miami
Top Flight
Victory Elite

Level 6 Team Awards

Session 10 – Women’s XG

11:15 AM: General Stretch
11:30 AM: Timed Warm/Competition
2:15 PM: Awards

Participating Gyms:

Florida Elite (8)
International Gold
Leading Edge
Maine Academy
SGA (15)
South Miami
Top Flight
World Class

Session 11 – Women’s XG

2:15 PM: General Stretch
2:30 PM: Timed Warm/Competition
5:30 PM: Awards

Participating Gyms:

Cartersville
Florida Elite (16)
Gym Like This
JAG
Raleigh SOG
SGA (16)

XCEL Gold Team Awards

1/12/2025