Salute To Our Starz 2023

Session Summary

Nov 11-12, 2023

| Saturday, November 11, 20 Level 4/5/Gold | | Session: 1 # Gymnasts 93 | Open Warmup 2:00 PM Timed Warmup 2:30 PM | | h In 2:20 PM ards 5:30 PM | |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--|
| | | 5 | • | | | |
| Gym | Level | / #Gymnasts | Gym | Level | #Gymnasts | |
| | 4 | 10 | GLE | 4 | 10 | |
| Flip Starz | - | | | 4 | | |
| Flip Starz | XG | 6 | MEGA | 4 | 17 | |
| GLE | 5 | 4 | MEGA | 5 | 7 | |
| HGA | 4 | 11 | Troy Gymnastics | 4 | 9 | |
| HGA | 5 | 3 | Troy Gymnastics | 5 | 3 | |
| HGA | XG | 12 | | | | |
| SGA | 5 | 1 | | | | |
| Saturday, November 11, 20 | | Session: 2 | Open Warmup 6:00 PM | | h In 6:20 PM | |
| Level 6/7/8/9/XP | ÷ | #Gymnasts 36 | Timed Warmup 6:30 PM | Awa | ards 8:30 PM | |
| Flight A (33 gymnasts) | | | Flight B (3 gymnasts) | | | |
| Gym | Level | #Gymnasts | Gym | Level | #Gymnasts | |
| Flip Starz | 6 | 4 | Troy Gymnastics | 8 | 2 | |
| Flip Starz | 8 | 2 | Troy Gymnastics | 9 | 1 | |
| Flip Starz | XP | 9 | | | | |
| HGA | 6 | 3 | | | | |
| HGA | 7 | 6 | | | | |
| Troy Gymnastics | 7 | 3 | | | | |
| Troy Gymnastics | 8 | 6 | | | | |
| | | | | | | |
| Sunday, November 12, 2023 Level 3 | | Session: 3 #Gymnasts 69 | Open Warmup 8:00 AM Timed Warmup 8:30 AM | | h In 8:20 AM | |
| Level 3 | ÷ | #Gymnasts 69 | Timed Warmup 8:30 AM | Awa | ards 10:30 AM | |
| Level 3 ———————————————————————————————————— | ; 8 gymnasts | # Gymnasts 69) | Timed Warmup 8:30 AM ———————————————————————————————————— | Awa gymnasts) | ards 10:30 AM | |
| Level 3 —————— Flight A(38 Gym | a gymnasts Level | # Gymnasts 69) # Gymnasts | Timed Warmup 8:30 AM ———— Flight B (31 Gym | Awa gymnasts) Level | ards 10:30 AM # Gymnasts | |
| Level 3 ———— Flight A (38 <u>Gym</u> GLE | : 8 gymnasts Level 3 | # Gymnasts 69) # Gymnasts 11 | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz | Awa gymnasts) Level 3 | ards 10:30 AM # Gymnasts 9 | |
| Level 3 ———————————————————————————————————— | a gymnasts Level | # Gymnasts 69) # Gymnasts | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz HGA | Awa gymnasts) Level 3 3 | ards 10:30 AM | |
| Level 3 ———— Flight A (38 Gym GLE | : 8 gymnasts Level 3 | # Gymnasts 69) # Gymnasts 11 | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz HGA MEGA | Awa gymnasts) Level 3 3 3 3 | ards 10:30 AM # Gymnasts 9 7 9 9 | |
| Level 3 ———— Flight A (38 Gym GLE | : 8 gymnasts Level 3 | # Gymnasts 69) # Gymnasts 11 | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz HGA | Awa gymnasts) Level 3 3 | ards 10:30 AM | |
| Level 3 ———— Flight A (38 Gym GLE | 8 gymnasts Level 3 3 | # Gymnasts 69) # Gymnasts 11 | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz HGA MEGA | Awa gymnasts) Level 3 3 3 3 3 3 | ards 10:30 AM # Gymnasts 9 7 9 9 | |
| Level 3 ———— Flight A (38 Gym GLE MEGA | 8 gymnasts Level 3 3 3 | # Gymnasts 69) # Gymnasts 11 27 | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz HGA MEGA Troy Gymnastics | Awa gymnasts) Level 3 3 3 3 3 Marc | ards 10:30 AM # Gymnasts 9 7 9 6 | |
| Level 3 ———— Flight A (38 Gym GLE MEGA Sunday, November 12, 2023 | 8 gymnasts Level 3 3 3 | # Gymnasts 69) # Gymnasts 11 27 Session: 4 # Gymnasts 69 | Timed Warmup 8:30 AM ————— Flight B (31 Gym Flip Starz HGA MEGA Troy Gymnastics Open Warmup 11:00 AM | Awa gymnasts) Level 3 3 3 3 3 3 Marc Awa | # Gymnasts # Gymnasts 9 7 9 6 h In 11:20 AM | |
| Level 3 ———— Flight A (38 Gym GLE MEGA Sunday, November 12, 2023 XB/XS | 8 gymnasts Level 3 3 3 | # Gymnasts 69) # Gymnasts 11 27 Session: 4 # Gymnasts 69 | Timed Warmup 8:30 AM ———————————————————————————————————— | Awa gymnasts) Level 3 3 3 3 3 3 Marc Awa | # Gymnasts # Gymnasts 9 7 9 6 h In 11:20 AM | |
| Level 3 Gym GLE MEGA Sunday, November 12, 2023 XB/XS Gym Flight A (3 Gym | 8 gymnasts Level 3 3 3 3 3 | # Gymnasts 69) # Gymnasts 11 27 Session: 4 # Gymnasts 69) | Timed Warmup 8:30 AM ———————————————————————————————————— | Awa gymnasts) Level 3 3 3 3 3 Marc Awa 8 gymnasts) | # Gymnasts # Gymnasts 9 7 9 6 h In 11:20 AM ards 1:30 PM | |
| Level 3 Gym GLE MEGA Sunday, November 12, 2023 XB/XS ———————————————————————————————————— | 8 gymnasts Level 3 3 3 3 1 gymnasts Level | # Gymnasts 69) # Gymnasts 11 27 Session: 4 # Gymnasts 69) # Gymnasts | Timed Warmup 8:30 AM ———————————————————————————————————— | Awa gymnasts) Level 3 3 3 3 3 Marc Awa 8 gymnasts) Level | ards 10:30 AM <u># Gymnasts</u> 9 7 9 6 h In 11:20 AM ards 1:30 PM <u># Gymnasts</u> | |

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Session Summary

Nov 11-12, 2023

| Sunday, November 12, 2023 Fun | | Session: 5 #Gymnasts 33 | Open Warmup 2:00 PM Timed Warmup 2:30 PM | March In 2:20 PM Awards 3:15 PM |
|----------------------------------|-------|----------------------------|---------------------------------------------|------------------------------------|
| Gym | Level | #Gymnasts | | |
| Flip Starz | 1 | 1 | | |
| Flip Starz | 2 | 10 | | |
| HGA | 1 | 7 | | |
| HGA | 2 | 15 | | |