

FLIP FOR A CURE INVITATIONAL 2022

Version 3.0 3/6/2022 - Subject to Change

IMPORTANT – Please be sure that Gymnasts & Parents do not arrive more than 10 min before times listed

Participating Gyms – All American (O), All Stars, BKGC, Brooklyn Gymnastics, Elite, GMGC (C), GMGC (H), GMGC(S), Gotham, Gym Plus, Gym Nation, Gym-Nest, Hampton, Infiniti Elite, Lana's, Levels, LI Core, LI Elite, Mid Island, Neu Era, Northeast, Park City, Progressive, Sagamore, Silver Stars, Towers, Triumph

THURSDAY, MARCH 10, 2022

Session 1 – 2:15pm Warmup – USAIGC Gold & Platinum (*All Teams*) & Silver (*Listed Below*)

Silver Teams – All American (O), All Stars, Levels, Silver Stars

Session 2 – 5:30pm Warmup – USAIGC Bronze (*Listed Below*)

Bronze Teams – Elite, Mid Island, Progressive, Sagamore, Silver Stars

FRIDAY, MARCH 11, 2022

Session 3 – 8:00am Warmup – USAIGC Silver (*Listed Below*)

GMGC (C), Gotham, Gym-Nest, Infiniti Elite, Neu Era, Progressive, Sagamore

Session 4 – 11:00am Warmup – USAIGC Diamond (*Listed Below*)

Diamond Teams - All American (O), Infiniti Elite, GMGC (H), GMGC (S), Gotham, Mid Island, Progressive, Silver Stars

Session 5 – 2:15pm Warmup – USAIGC Copper 2 (*Listed Below*)

Copper 2 Teams - BKGC, Elite, Gym Nation, Infiniti Elite, Levels, LI Core, Mid Island, Progressive, Silver Stars, Sagamore

Session 6 - 5:15pm Warmup – USAIGC Silver (*Listed Below*)

Silver Teams – BKGC, Elite, GMGC (H), GMGC (S), Mid Island, Northeast, Towers

SATURDAY, MARCH 12, 2022

Session 7 – 8:00am Warmup – USAIGC Diamond (*Listed Below*) & USAIGC Copper 2 (*Listed Below*)

Diamond Teams - All Stars, BKGC, Elite, Gym Nation, Gym-Nest, Hampton, Levels

Copper 2 Teams – All American, Gotham, Hampton, Neu Era

Session 8 – 11:15am Warmup – USAG Levels 5 & 7

Session 9 – 2:15pm Warmup – USAG Levels 4 & 6

Session 10 – 5:30pm Warmup – USAG Levels 8,9,10

SUNDAY, MARCH 13, 2022

Session 11 – 8:00am Warmup – USAG Level 3

Session 12 – 11:00am Warmup – USAIGC Copper 1 (*Listed Below*)

Copper 1 Teams – Elite, Gotham, Gym Plus (8), Hampton, Levels, Mid Island, Neu Era, Sagamore, Silver Stars

Session 13 – 2:00pm Warmup – USAIGC Bronze (*Listed below*)

Bronze Teams – All American (O) Team A, GMGC (S), Gotham, Gym Plus, Towers

Session 14 – 5:00pm Warmup – USAIGC Bronze (*Listed below*) & USAIGC Copper 1 (*Listed Below*)

Bronze Teams – All American (O) Team B, BKGC, GMGC (H), Gym-Nest, Infiniti Elite, LI Core, Neu Era

Copper 1 Teams – Gym Plus (7), Infiniti Elite, LI Core