



GMS Winter Invitational December 7-8, 2019

Session #1: Sunday XCEL Bronze, Silver, Level 2, 3

8:00-8:20 AM- Stretch
8:20-8:30 AM- Coaches Meeting
8:30-8:40 AM- 1st flight warm-up
8:40-8:45 AM- Introductions
8:45-11:00 AM- Meet
11:00-11:30 PM- Awards

Gym America
Gymnastics World (2 coaches needed)
GMS (3 coaches needed)
Hope Gymnastics
Flip Over Gymnastics
Novak's
St. James Gymnastics

Session #2: Sunday XCEL Diamond, Levels 4, 5, 7, 8

12:00-12:20 PM- Stretch
12:20-12:30 PM- Coaches Meeting
12:30-12:45 PM- 1st flight warm-up
12:50-12:55 PM- Introductions
1:00-3:00 PM- Meet
3:00-3:45 PM- Awards

Gymnastics World
GMS
Flip Over Gymnastics
Novak's

Session #3: Sunday XCEL Gold, Platinum, Level 6

4:00-4:20 PM- Stretch
4:20-4:30 PM- Coaches Meeting
4:30-4:40 PM- 1st flight warm-up
4:45-4:50 PM- Introductions
4:55-7:30- Meet
7:30-8:00- Awards

Gymnastics World
GMS
Flip Over Gymnastics (2 coaches needed)
Novak's (2 coaches needed)
St. James Gymnastics