

# 10<sup>th</sup> Annual Flip For The Fight Invitational - Competition Schedule

**February 22-23-24**



**2019**

Friday February 22				Saturday February 23				Sunday February 24							
White		Pink		White		Pink		White		Pink					
Session				Session				Session							
Check-In General Stretch				7:30am	8:00am			7:30am	8:00am		Check-In General Stretch				
				8:00am	<b>3</b>	8:30am		8:00am	<b>7</b>	8:30am		General Stretch			
				Level 4		Xcel Bronze		Xcel Silver		Levels 1-2-3					
Check-In General Stretch	12:30pm	1:00pm		11:30am	11:00am			11:00am	10:45am		Check-In General Stretch				
	1:00pm	<b>1</b>	1:30pm		12:00pm	<b>4</b>	11:30pm		11:30am	<b>8</b>		11:15am		General Stretch	
	Level	Xcel Gold		Level 6		Levels 4/5		Xcel Bronze		Xcel Silver		Level 3			
Check-In General Stretch	4:00pm	4:30pm		2:45pm	2:00pm			2:30pm	2:00pm		Check-In General Stretch				
	4:30pm	<b>2</b>	5:00pm		3:15pm	<b>5</b>	2:30pm		3:00pm	<b>9</b>		2:30pm		General Stretch	
	Level	7-8-9		XD/XP		Xcel Gold		Xcel Bronze		Xcel Silver		Level 3			
Check-In General Stretch				6:00pm	5:30pm							Check-In General Stretch			
				6:30pm	<b>6</b>	6:00pm							General Stretch		
				Xcel Gold		Xcel Plat.									
Finish	8:15pm		8:00pm		9:30pm		9:45pm		6:15pm		5:00pm		Finish		

hosted by  
GMS Gymnastics

Meet Site  
NOVA Field House - 14810 Murdock St. - Chantilly, VA 20151