

Rotation Schedule

Jan 6-8, 2023

Saturday, January 7, 2023

Session: 1 -- Level 4

Open Warmup 8:00 AM
Timed Warmup 8:30 AM

March In 8:20 AM
Awards 11:00 AM

Gymnasts: 67

Flight: A - 32			
 <u>8</u> Tidewater Gymnastics - 8	 <u>8</u> Hills - 8	 <u>8</u> Galaxy Gymnastics - 7 Legacy - 1	 <u>8</u> Clinton - 3 united gymnastix - 5
Flight: B - 35			
 <u>9</u> Fairland Gymnastics - 2 Rebounders - 7	 <u>8</u> Elite - 1 Hills - 7	 <u>10</u> Clinton - 1 flips - 9	 <u>8</u> WSGC - 2 united gymnastix - 6

Saturday, January 7, 2023

Session: 2 -- Lvl 5,XI Gld,XI Pl

Open Warmup 11:30 AM
Timed Warmup 12:00 PM

March In 11:50 AM
Awards 2:10 PM

Gymnasts: 53

Flight: A - 29			
 <u>8</u> Shrewsbury - 8	 <u>9</u> Rebounders - 9	 <u>5</u> Rebounders - 1 Shrewsbury - 4	 <u>7</u> flips - 7
Flight: B - 24			
 <u>4</u> Fairland Gymnastics - 4	 <u>8</u> Rebounders - 8	 <u>4</u> Clinton - 3 Elite - 1	 <u>8</u> united gymnastix - 8

Saturday, January 7, 2023

Session: 3 -- Level 6

Open Warmup 2:50 PM
Timed Warmup 3:15 PM

March In 3:10 PM
Awards 5:30 PM

Gymnasts: 55

Flight: A - 26			
 <u>6</u> united gymnastix - 6	 <u>6</u> Galaxy Gymnastics - 6	 <u>7</u> Rebounders - 7	 <u>7</u> Rebounders - 7
Flight: B - 29			
 <u>9</u> Tidewater Gymnastics - 5 Shrewsbury - 4	 <u>8</u> Elite - 4 flips - 4	 <u>6</u> flips - 6	 <u>6</u> Legacy - 1 Shrewsbury - 5

Rotation Schedule

Jan 6-8, 2023

Saturday, January 7, 2023

Session: 4 -- Level 7,8,9,10, XI Di

Open Warmup 6:10 PM
Timed Warmup 6:35 PM

March In 6:30 PM
Awards 9:00 PM

Gymnasts: 44

Flight: A - 22



9

united gymnastix - 9



4

Fairland Gymnastics - 2
Legacy - 2



4

Tidewater Gymnastics - 4



5

Elite - 1
Galaxy Gymnastics - 4

Flight: B - 22



5

united gymnastix - 5



5

Shrewsbury - 5



5

BC Gymnastics - 3
flips - 2



7

Clinton - 1
Rebounders - 6

Sunday, January 8, 2023

Session: 5 -- Level 2, XI Bronze

Open Warmup 8:00 AM
Timed Warmup 8:30 AM

March In 8:20 AM
Awards 10:30 AM

Gymnasts: 47

Flight: A - 28



7

Sportsplex Gymnastic - 7



5

Fairland Gymnastics - 5



10

Rebounders - 10



6

Tidewater Gymnastics - 6

Flight: B - 19



0

Manchester - 5



5

Manchester - 5



10

Rebounders - 10



4

Manchester - 4

Sunday, January 8, 2023

Session: 6 -- XI Silver

Open Warmup 11:00 AM
Timed Warmup 11:25 AM

March In 11:20 AM
Awards 1:00 PM

Gymnasts: 33



6

flips - 6



7

flips - 7



9

Rebounders - 9



11

Shrewsbury - 11

Rotation Schedule

Jan 6-8, 2023

Sunday, January 8, 2023

Session: 7 -- Level 3 CH A- CH D

Open Warmup 1:30 PM
Timed Warmup 1:55 PM

March In 1:50 PM
Awards 3:45 PM

Gymnasts: 47

Flight: A - 23			
 <u>5</u> Elite - 3 united gymnastix - 2	 <u>5</u> Flips Mt. Airy - 5	 <u>6</u> Rebounders - 6	 <u>7</u> flips - 7
Flight: B - 24			
 <u>6</u> Sportsplex Gymnastic - 5 Tidewater Gymnastics - 1	 <u>7</u> Hills - 7	 <u>5</u> Galaxy Gymnastics - 3 WSGC - 2	 <u>6</u> Hills - 6

Sunday, December 4, 2022

Session: 8 -- Level 3 JRA- JR D

Open Warmup 4:15 PM
Timed Warmup 4:40 PM

March In 4:35 PM
Awards 6:45 PM

Gymnasts: 48

Flight: A - 24			
 <u>6</u> Elite - 5 Flips Mt. Airy - 1	 <u>6</u> Hills - 4 WSGC - 2	 <u>6</u> Galaxy Gymnastics - 2 flips - 4	 <u>6</u> Sportsplex Gymnastic - 1 Tidewater Gymnastics - 5
Flight: B - 24			
 <u>6</u> Elite - 4 Rebounders - 2	 <u>5</u> Tidewater Gymnastics - 5	 <u>6</u> united gymnastix - 6	 <u>7</u> united gymnastix - 7