

2019 GymQuarters Invitational  
St. Charles Family Arena  
2002 Arena Parkway  
St. Charles, MO 63303

Saturday 2/16/19

Gym A

Session I –

Level 10 – All Non Podium Level 10s

Level 9 – Ace, All American, Flip Side, Fuzion,  
Edwardsville, Gem City, Mid America, Neb Gold, OGC,  
Southern Starz, Springfield, SLGC, KCG

Open Stretch – 8:00 – 8:20 am

March In – 8:25 am

Timed Warm Up – 8:30 – 8:50 am

Competition – 8:50 – 11:30 am

Awards – 11:30 am

Session II - Level 9

GymStars, Madtown, Triad, IA, GQ, Gymnastics Etc,  
TBT, Elevate, Stacy's, World Class

Open Stretch – 11:40 – 12:00 pm

March In – 12:05 pm

Timed Warm Up – 12:10 – 12:30 pm

Competition – 12:30 – 3:10 pm

Awards – 3:10 pm

Session III - Level 8

GQ, Elevate, Mo Valley, TBT, Mid America, Triad,  
Emerge, Flip Side, Gem City, IA, KCG, Neb Gold,  
Planet, Springfield, Tiger, Midwest Twisters

Open Stretch – 3:20 – 3:40 pm

March In – 3:45 pm

Timed Warm Up – 3:50 – 4:05 pm

Competition – 4:05 – 6:25 pm

Awards – 6:25 pm

Session IV - Level 8

Ace, All American, OGC, Gymstars, Gymnastics Etc,  
Mid III Jets, SLGC, Stacy's Edwardsville, World Class,  
Fuzion

Open Stretch – 6:35 – 6:55 pm

March In – 7:00 pm

Timed Warm Up – 7:05 – 7:20 pm

Competition – 7:20 – 9:40 pm

Awards – 9:40 pm

Saturday 2/16/19

Gym B

Session I - Level 7

Dynamics, GQ, TBT, World Class, Planet, Stacy's,  
Gymstars, Gymnastics ETC, Elevate, IA, Mid III Jets,  
Tiger, Top Flight

Open Stretch – 8:00 – 8:20 am

March In – 8:25 am

Timed Warm Up – 8:30 – 8:42 am

Competition – 8:42 – 11:02 am

Awards – 11:02 am

Session II - Level 7

Triad, Neb Gold, SLGC, KCG, All American,  
Fuzion,OGC, Edwardsville, Flip Side, Emerge, Gem  
City, Midwest Twisters, Southern Starz

Open Stretch – 11:15 – 11:35 am

March In – 11:40 am

Timed Warm Up – 11:45 – 12:00 pm

Competition – 12:00 – 2:20 pm

Awards – 2:20 pm

Session III - Level 6

Edwardsville, Fuzion, Gymnastics Etc, Gymstars,  
Stacy's, OGC, Mid III Jets

Open Stretch – 2:30 – 2:50 pm

March In – 2:55 pm

Timed Warm Up – 3:00 – 3:15 pm

Competition – 3:15 – 5:35 pm

Awards – 5:35 pm

Session IV - Level 6

Flip Side, Mid America, SLGC, Neb Gold, IA, KGC,  
Tiger, GQ, Springfield, World Class

Open Stretch – 5:45 – 6:05 pm

March In – 6:10 pm

Timed Warm Up – 6:15 – 6:30 pm

Competition – 6:30 – 8:50 pm

Awards – 8:50 pm

2019 GymQuarters Invitational  
St. Charles Family Arena  
2002 Arena Parkway  
St. Charles, MO 63303

Sunday 2/17/19

Gym A

Session V - Level 5 - All

Open Stretch – 8:00 – 8:20 am

March In – 8:25 am

Timed Warm Up – 8:30 – 8:40 am

Competition – 8:40 – 10:35 am

Awards – 10:35 am

Session VI - Level 4 - All

Open Stretch – 10:35 am– 10:55 am

March In – 11:00 am

Timed Warm Up – 11:05 – 11:20 am

Competition – 11:20 – 2:15 pm

Awards – 2:15 pm

Session VII - Level 2

Open Stretch – 2:15 – 2:30 pm

March In – 2:35 pm

Timed Warm Up – 2:40 – 2:50 pm

Competition – 2:50 – 4:20 pm

Awards – 4:20 pm

Session VIII - Level 3

All American, Gem City, Top Flight, Gymnastics Etc,  
Tiger

Open Stretch – 4:20 – 4:40 pm

March In – 4:45 pm

Timed Warm Up – 4:50 – 5:00 pm

Competition – 5:00 – 6:45 pm

Awards – 6:45 pm

Session IX – Level 3

GQ, TBT, Elevate, Flip side, Fuzion, World Class

Open Stretch – 6:45 – 7:05 pm

March In – 7:10 pm

Timed Warm Up – 7:15 – 7:25 pm

Competition – 7:25 – 9:10 pm

Awards – 9:10 pm

Sunday 2/17/19

Gym B

Session V - Level Xcel Gold

All American, GQ, Top Flight, Moberly, Hi NRG, Planet,  
Elevate, Flip Side, Springfield, Jeff City

Open Stretch – 8:00 – 8:15 am

March In – 8:20 am

Timed Warm Up – 8:25 – 8:35 am

Competition – 8:40 – 10:45 am

Awards – 10:45 am

Session VI – Xcel Gold

SLGC, Stacy's Gymstars, Midwest Twisters, Dynamics,  
Edwardsville, MO Valley, TBT

Open Stretch – 10:45 – 11:00 am

March In – 11:05 am

Timed Warm Up – 11:10 – 11:20 am

Competition – 11:20 – 1:25 pm

Awards – 1:25 pm

Session VII – Xcel Silver

All American, Midwest Twisters, Top Flight, GQ,  
Elevate, Gymstars

Open Stretch – 1:25 – 1:40 pm

March In – 1:45 pm

Timed Warm Up – 1:50 – 2:00 pm

Competition – 2:00 - 2:30 pm

Awards – 3:30 pm

Session VIII – Xcel Bronze - All

Xcel Silver - Flip Side, SLGC, Springfield, HiNRG, Jeff City

Open Stretch – 3:30 – 3:45 pm

March In – 3:50 pm

Timed Warm Up – 3:55 – 4:05 pm

Competition – 4:05 – 5:55 pm

Awards – 5:55 pm

Session IX - Xcel Platinum - All, Xcel Diamond - All

Open Stretch – 5:55 – 6:15 pm

March In – 6:20 pm

Timed Warm Up – 6:25 – 6:40 pm

Competition – 6:40 – 9:45 pm

Awards – 9:45 pm