

Go For Gold

Session Summary

Sep 30 - Oct 1, 2023

Saturday, September 30, 2023 Level 3			Session: 1 # Gymnasts 65	Open Stretch 8:00 AM Line Up 8:20 AM	Timed Warmup 8:25 AM Awards
Flight A (41 gymnasts)			Flight B (24 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Classic Gym	3	25	FlyGym	3	14
Midwest Gym	3	16	Roseville	3	10

Saturday, September 30, 2023 Silver & Level 3			Session: 2 # Gymnasts 45	Open Stretch 11:15 AM Line Up 11:35 AM	Timed Warmup 11:40 AM Awards
Flight A (30 gymnasts)			Flight B (15 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Duluth YMCA	XS	11	Midwest Gym	3	15
Midwest Gym	XS	19			

Saturday, September 30, 2023 Bronze & Level 5			Session: 3 # Gymnasts 65	Open Stretch 2:20 PM Line Up 2:40 PM	Timed Warmup 2:45 PM Awards
Flight A (39 gymnasts)			Flight B (26 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Duluth YMCA	XB	10	Classic Gym	5	13
Jungle	XB	7	FlyGym	5	7
Midwest Gym	XB	22	Midwest Gym	5	6

Saturday, September 30, 2023 Level 4			Session: 4 # Gymnasts 61	Open Stretch 5:30 PM Line Up 5:50 PM	Timed Warmup 5:55 PM Awards
Flight A (33 gymnasts)			Flight B (28 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Classic Gym	4	18	Midwest Gym	4	19
FlyGym	4	15	Roseville	4	9