

FRIDAY, JANUARY 18TH, 2019

Check In with Coaches 7:30

General Stretch 8:00

Introduction and Flight Warm-Up 8:30

Competition 8:45

Awards immediately following in upstairs awards rooms

SESSION 1A - LEVEL 8		SESSION 1B - LEVEL 7		SESSION 1C - LEVEL 5	
All American Flames	4	Becca's Place	7	All American Flames	8
Cincinnati Gymnastics	18	CGA Starz	3	Five-Star Gymnastics	2
Five-Star Gymnastics	6	Dance Moves & Gymnastics	3	Gem City Gymnastics	6
Gym World	17	DeVeau's	11	Geist	3
Kokomo Flipsters	2	Emeth Gymnastics	1	GTCO	5
MEKS Gymnastics	2	Flytz	5	Gymnastics Central	8
Midland Gymnastics	2	Geist Sports Academy	3	Integrity Gymnastics	10
Midwest Training	7	Gymnastics Unlimited	3	Legacy Gymnastics	22
The Flip Zone	2	Indy Star	3	Power House Gymnastics	3
The Gymnastics Center	2	Kentucky Gym. Academy	10	Revolution Gymnastics	4
Westside Academy of Gym.	1	Love Gymnastics	6	SIGS	9
Youngstown Gym. Center	1	Madison Gymnastic World	3	The Gymnastics Center	2
		Performance Gym. Academy	3	Top Flight	7
		Power House	2	Trics	1
		Stars & Stripes	6		
		The Gymnastics Company	2		
		Top Flight Gymnastics	7		
		Youngstown Gym. Center	4		

FRIDAY, JANUARY 18TH, 2019

Check In with Coaches 11:30

General Stretch 12:00

Introduction and Flight Warm-Up 12:30

Competition 12:45

Awards immediately following in upstairs awards rooms

SESSION 2A - LEVEL 9		SESSION 2B - LEVEL 7		SESSION 2C - LEVEL 4	
All American Flames	5	B & B Gymnastics	1	Above the Barre	5
Bay Valley Academy	9	BP Elite	1	Buckeye Gymnastics	40
Becca's Place	3	GTCO	6	Champion Gymnastics	20
Cincinnati Gymnastics	10	Gym America	5	Fusion	7
Emeth Gymnastics	1	Gym Skills Elite	2	Geist Sports Academy	6
Fusion	2	Gym World	13	The Gymnastics Center	9
Geist Sports Academy	3	I-Power	3	Tric's	6
Gem City Gymnastics	2	Kokomo Flipsters	3	Youngstown Gym. Center	5
Gymkhana	4	Legacy	14		
Gymnastic Dreams	1	Meks	11		
Indy Star Gymnastics	1	Memphis Point	5		
Integrity Athletics	3	Midland	3		
Kentucky Gym. Academy	2	NGTC	10		
Midwest	1	The Gymnastics Center	4		
Netherlands	4				
Performance Gym. Academy	3				
Revolution Gymnastics	1				
SIGS	2				
Summit	1				
The Flip Zone	5				
The Gymnastics Company	1				

FRIDAY, JANUARY 18TH, 2019

Check In with Coaches 4:30

General Stretch 5:00

Introduction and Flight Warm-Up 5:30

Competition 5:45

Awards immediately following in upstairs awards rooms

SESSION 3A - LEVEL 10		SESSION 3B - LEVEL 8		SESSION 3C - LEVEL 6	
All American Flames	2	Above the Barre	4	Becca's Place	4
Bay Valley Academy	3	AMP Athletics	3	Buckeye Gymnastics	17
Cincinnati Gymnastics	18	B & B Gymnastics	1	DeVeau's	4
Emeth Gymnastics	1	Becca's Place	5	Flytz	9
Fusion	1	BP Elite	3	Gym Skills Elite	3
Gym America	5	CGA Starz	2	Gymnastic Dreams	5
Gym World	9	Flytz	5	Indy Stars	11
Gymnastics Unlimited	1	Gem City Gymnastics	1	Kokomo Flipsters	5
Gymnaworld	1	GTCO	4	Legacy	7
Integrity Athletics	4	Indy Star	8	Madison Gymnastics World	3
Legacy	8	I-Power	3	Memphis Point	11
Love Gymnastics	2	Kentucky Gym. Academy	3	Power House	3
Meks	2	Love Gymnastics	2		
Memphis Point	2	Madison Gymnastics World	6		
Netherlands	3	Performance Gym. Academy	7		
Revolution Gymnastics	1	Power House	1		
Stars & Stripes	2	SIGS	1		
The Flip Zone	1	Summit	1		
Westside Academy of Gym.	1	Top Flight	4		
Youngstown Gym. Center	2				

SATURDAY, JANUARY 19TH, 2019

Check In with Coaches 7:30

General Stretch 8:00

Introduction and Flight Warm-Up 8:30

Competition 8:45

Awards immediately following in upstairs awards rooms

SESSION 4A - LEVELS 9		SESSION 4B - LEVEL 7		SESSION 4C - LEVEL XP / XD	
BP Elite	2	All American Flames	9	Xcel Platinum	
Five-Star Gymnastics	6	AMP Athletics	1	B & B Gymnastics	2
Flytz	3	Bay Valley Academy	8	Bay Valley Academy	6
Global	1	Buckeye Gymnastics	13	Becca's Place	2
GTCO	4	Cincinnati Gymnastics	17	Buckeye Gymnastics	5
Gym America	17	Gymkhana	5	Champion Gymnastics	2
Gymnastics Central	2	Gymnastics Central	2	Cincinnati Gymnastics	5
Gym World	2	Integrity Gymnastics	5	Flytz	4
Gymnastics Unlimited	2	Revolution Gymnastics	8	Geist Sports Academy	6
Gymnaworld	2	SIGS	8	GTCO	1
I-Power	2	The Flip Zone	4	Integrity Athletics	8
Legacy	9			Legacy	5
Love Gymnastics	1			Midland	10
Midland	1			Performance Gym. Academy	5
NGTC	1			Top Flight	5
Stars & Stripes	5				
Top Flight	4			Xcel Diamond	
				Flytz	2
				Geist Sports Academy	1
				Gym America	8
				InterActive	4
				Top Flight	3

SATURDAY, JANUARY 19TH, 2019		
Check In with Coaches 11:00 General Stretch 11:30 Introduction and Flight Warm-Up 12:00 Competition 12:15 Awards immediately following in upstairs awards rooms		
SESSION 5A - LEVELS 8 / 7	SESSION 5B - LEVEL 6	SESSION 5C - LEVEL 3
L8	AMP Athletics 5	Buckeye Gymnastics 38
Bay Valley Acadmey 1	BP Elite 2	Flytz 16
Emeth 1	CGA Starz 9	Gym World 19
Geist Sports Academy 3	Cincinnati Gymnastics 20	Midland 5
Gym America 14	Global Gymnastics 3	Power House 6
Gymkhana 1	Gym World 10	SIGS 11
Gymnaworld 2	Inspire Athletics 4	
Integrity Athletics 4	Kentucky Gym. Academy 1	
Legacy 8	Meks 6	
Memphis Point 3	Performance Gym. Academy 6	
NGTC 6	The Gymnastics Center 3	
Revolution Gymnastics 1	Top Flight 4	
Stars & Stripes 6	Tric's 8	
	Midwest 1	
L7		
Summit 4		
Above the Barre 7		
Fusion 1		
Five-Star Gymnastics 4		

SATURDAY, JANUARY 19TH, 2019		
Check In with Coaches 2:45 General Stretch 3:15 Introduction and Flight Warm-Up 3:45 Competition 4:00 Awards immediately following in upstairs awards rooms		
SESSION 6A - LEVEL 3	SESSION 6B - LEVEL3	SESSION 6C - LEVELS XG/XS
Cincinnati Gymnastics 25	Bay Valley Academy 5	Xcel Gold
Madison Gymnastics World 11	Five-Star Gym. Academy 11	Buckeye Gymnastics 2
Queen City Gymnastics 19	Fusion 9	Dance Moves & Gymnastics 4
Top Flight 17	Geist Sports Academy 7	InterActive 3
Tric's 4	Integrity 23	Legacy 11
	Performance Gym. Academy 6	Midland 4
	Revolution Gymnastics 16	Top Flight 16
		Xcel Silver
		B & B Gymnastics 7
		Flytz 9
		Gymnastic Dreams 13
		Meks 16
		Gym Stars 3

<p>THE COACHES SPECTACULAR SHOWDOWN</p> <p>** Coaches confirm your participation in Showdown with Meet Director**</p> <p>Check - In 6:00 General Stretch 6:30 March-in & Flight Warm-up 7:00</p> <p>Awards at conclusion on Floor</p> <p>Coaches Dinner to follow</p>

SUNDAY, JANUARY 20TH, 2019		
Check In with Coaches 7:30		
General Stretch 8:00		
Introduction and Flight Warm-Up 8:30		
Competition 8:45		
Awards immediately following in upstairs awards rooms		
SESSION 7A - Xcel SILVER	SESSION 7B - LEVEL 3	SESSION 7C - LEVEL 6
Champion 5	All American Flames 20	Above the Barre 10
Cincinnati Gymnastics 23	Champion Gymnastics 29	Dance Moves & Gymnastics 6
Geist Sports Academy 7	GTCO 11	Fusion 4
Global 3	Legacy 24	Gym Stars 1
InterActive 10	Youngstown Gym. Center 11	Emeth 2
Legacy 16		Gymnastics Unlimited 7
Memphis Point 2		Integrity Athletics 10
Midland 8		I-Power 2
Performance Gym. Academy 6		Midland 5
Top Flight 11		NGTC 8
		Summit 13
		Youngstown Gym. Center 8
		The Flip Zone 5

SUNDAY, JANUARY 20TH, 2019		
Check In with Coaches 11:30		
General Stretch 12:00		
Introduction and Flight Warm-Up 12:30		
Competition 12:45		
Awards immediately following in upstairs awards rooms		
SESSION 8A - Xcel GOLD	SESSION 8B - XBro. /LEVEL 2	SESSION 8C - LEVEL 4
B & B Gymnastics 4	Xcel Bronze	All American Flames 9
Champion 7	Geist Sports Academy 2	Cincinnati Gymnastics 21
Cincinnati Gymnastics 18	Gym Stars 1	GTCO 3
Flytz 8	Legacy 6	Gym World 15
Geist Sports Academy 1	Meks 5	Integrity 10
Global 3	Memphis Point 1	Legacy 36
Gymnastic Dreams 11	Top Flight 6	Power House 4
Integrity 12		
Meks 7		
Memphis Point 13	Level 2	
Performance Gym. Academy 6	Champion 24	
Youngstown Gym. Center 3	Geist Sports Academy 12	
	GTCO 4	
	Gym Stars 1	
	Legacy 32	

SUNDAY, JANUARY 20TH, 2019		
Check In with Coaches 4:30 pm		
General Stretch 5:00		
Introduction and Flight Warm-Up 5:30		
Competition 5:45		
Awards immediately following in upstairs awards rooms		
SESSION 9A - LEVEL 4	SESSION 9B - LEVEL 2	SESSION 9C - LEVEL 4
Flytz 9	Champion 23	Bay Valley Academy 11
Gym Stars 5	Cincinnati Gymnastics 23	Five-Star Gym. Academy 16
Gymkhana 17	Legacy 31	Gym World 16
Midland 14	Power House 6	Gymnastics Central 15
Queen City Gymnastics 20	Top Flight 7	Madison Gymnastics World 7
SIGS 12		Memphis Point 2
Top Flight 12		Performance Gym. Academy 12
Summit 7		Revolution Gymnastics 9
		The Flip Zone 7