

Rotation Schedule

Jan 5 - 7, 2024

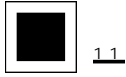
Saturday, January 6, 2024

Session: 1 -- 3

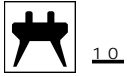
Open Warmup 9:00 AM
Timed Warmup

March In
Awards

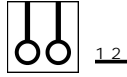
Gymnasts: 63



Empowered Athletics - 6
Michigan elite - 5



Flipspot Gymnastics - 4
GJGC - 6



EPIC - 5
Troy Gym - 7



All American Flames - 10



Michigan elite - 6
SGA - 4



Troy Gym - 10

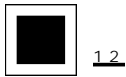
Saturday, January 6, 2024

Session: 2 -- 4-5

Open Warmup 5:00 PM
Timed Warmup

March In
Awards

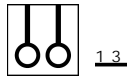
Gymnasts: 72



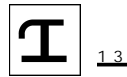
All American Flames - 4
Michigan elite - 8



EPIC - 8



Empowered Athletics - 8
GU - 5



Troy Gym - 13



SG - 5
SGA - 8



Flipspot Gymnastics - 13

Sunday, January 7, 2024

Session: 4 -- 6-8

Open Warmup 9:00 AM
Timed Warmup

March In
Awards

Gymnasts: 46



All American Flames - 6



Empowered Athletics - 5
Michigan elite - 1
SG - 2



EPIC - 4
GJGC - 5



SGA - 8



Troy Gym - 9



Flipspot Gymnastics - 6

Sunday, January 7, 2024

Session: 5 -- 9-10

Open Warmup 1:00 PM
Timed Warmup

March In
Awards

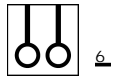
Gymnasts: 37



All American Flames - 3
EPIC - 1
SG - 1



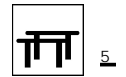
Empowered Athletics - 3
SGA - 3



Michigan elite - 6



SGA - 8



Troy Gym - 5



Flipspot Gymnastics - 3
Troy Gym - 4