



Lightning City Invite Schedule
January 12-14, 2024
AdventHealth Fieldhouse
210 Cypress Gardens Blvd.
Winter Haven, FL 33880



Friday, January 12, 2024

Session 1

USA Gymnastics **Xcel Gold** Gymnasts from the following teams:
Golden City, Nova Athletics Academy, Sarasota, Spirit**, Titanium**
* 2 Squads **3 Squads

6:00 – 6:20pm General Stretch
6:20 – 6:40pm March In
6:40 – 8:40pm Competition
Individual and Team Awards to Follow

Saturday, January 13, 2023

Session 2

ALL USA Gymnastics **Level 6** Gymnasts
(2 squads – Tampa Gym, Sarasota Gym)

8:00 – 8:20am General Stretch
8:20 – 8:40am March In
8:40 – 10:45am Competition

Individual and Team Awards to Follow

Session 3

ALL USA Gymnastics **Level 4** Gymnasts
ALL USA Gymnastics **Level 5** Gymnasts
ALL USA Gymnastics **Level 7** Gymnasts
(2 squads – Golden City)

10:45 – 11:05am General Stretch
11:05 – 11:25am March In
11:25 – 1:30pm Competition

Individual and Team Awards to Follow

Session 4

ALL USA Gymnastics **Xcel Platinum** Gymnasts

1:30 – 1:50pm General Stretch
1:50 – 2:10pm March In
2:10 – 4:30pm Competition

Individual and Team Awards to Follow

Session 5

ALL USA Gymnastics **Level 8** Gymnasts
ALL USA Gymnastics **Level 9** Gymnasts
ALL USA **Xcel Level 10** Gymnasts
ALL USA **Xcel Diamonds** Gymnasts
ALL USA Gymnastics **Xcel Sapphires** Gymnasts
(2 squads – Suncoast; 3 squads – Golden City)

4:30 – 4:50pm General Stretch
4:50 – 5:10pm March In
5:10 – 7:30pm Competition

Individual and Team Awards to Follow

Door Fees:

Adult \$20 Child \$15 (5-17)



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Sunday, January 14, 2024

Session 6

USA Gymnastics **Xcel Bronze** Gymnasts
from the following teams:

*Golden City, Nova Athletics**,*

Stars, Titanium**

(*2 squads; **3 squads)

8:00 – 8:15am General Stretch

8:15 – 8:35am March In

8:35 – 10:00am Competition

Individual and Team Awards to Follow

Session 7

ALL USA Gymnastics **Level 2** Gymnasts

USA Gymnastics **Xcel Bronze** Gymnasts
from the following teams:

Flip Zone, North Port, Premier*,*

Sarasota, Suncoast

(*2 squads)

10:00 – 10:15am General Stretch

10:15 – 10:35am March In

10:35am – 12:00pm Competition

Individual and Team Awards to Follow

Session 8

ALL USA Gymnastics **Level 3** Gymnasts
(*2 squads - Golden City)

USA Gymnastics **Xcel Silver** Gymnasts
from the following teams:

Flip Zone, North Port, Sarasota, Stars, Titanium*

(*2 squads)

12:00 – 12:15pm General Stretch

12:15 – 12:35pm March In

12:35 – 2:30pm Competition

Individual and Team Awards to Follow

Session 9

USA Gymnastics **Xcel Silver** Gymnasts
from the following teams:

Elite World, Golden City, Nova Athletics,*

Premier, Spirit*, Suncoast,*

YMCA Top Flight Bob Sierra

(*2 squads)

2:30 – 2:45pm General Stretch

2:45 – 3:05pm March In

3:05 – 5:00pm Competition

Individual and Team Awards to Follow

Session 10

USA Gymnastics **Xcel Gold** Gymnasts
from the following teams:

Elite World, Flip Zone, North Port, Premier,*

Suncoast, Tampa Gym,*

YMCA Top Flight North Brandon

(*2 squads)

5:00 – 5:15pm General Stretch

5:15 – 5:35pm March In

5:35 – 7:45pm Competition

Individual and Team Awards to Follow

Door Fees:

Adult \$20

Child \$15 (5-17)