



Lightning City Invite Schedule
January 10-12, 2025
AdventHealth Fieldhouse
210 Cypress Gardens Blvd., Winter Haven, FL 33880



Friday, January 10, 2025

Session 1

USA Gymnastics **Xcel Platinum** Gymnasts from the following teams:
*AcroFit, Golden City, Lakewood Ranch, Seaside,
Spirit, Tampa Gymnastics, UGA Oviedo, World Class*

10:00 – 10:20am General Stretch
10:20 – 10:40am March In
10:40am – 1:30pm Competition
Individual and Team Awards to Follow

Session 2

USA Gymnastics **Xcel Gold** Gymnasts from the following teams:
*AcroFit, Golden City, Lakewood Ranch (20), North Port,
Nova Athletic, Sarasota, UGA Oviedo, World Class*

1:30 – 1:50pm General Stretch
1:50 – 2:10pm March In
2:10 – 5:00pm Competition
Individual and Team Awards to Follow

Session 3

USA Gymnastics **Xcel Gold** Gymnasts from the following teams:
*Bay Area, Brown's Orbit, Elite World, Gymnastic World, Lakewood Ranch (10),
Spirit, TGR, Upward, YMCA Top Flight North Brandon*

USA Gymnastics **Xcel Platinum** Gymnasts from the following teams:
Bay Area, Gymnastic World, New Wave, North Port, Suncoast, TGR

5:00 – 5:20pm General Stretch
5:20 – 5:40pm March In
5:40 – 8:30pm Competition
Individual and Team Awards to Follow



Door Fees:

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



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Saturday, January 11, 2025

Session 4

ALL USA Gymnastics Level 6 Gymnasts

8:00 – 8:20am General Stretch
8:20 – 8:40am March In
8:40 – 11:30am Competition

Individual and Team Awards to Follow

Session 5

ALL USA Gymnastics Level 4 Gymnasts

ALL USA Gymnastics Level 5 Gymnasts

ALL USA Gymnastics Level 7 Gymnasts

11:30 – 11:50am General Stretch
11:50am – 12:10pm March In
12:10 – 3:00pm Competition

Individual and Team Awards to Follow

Session 6

ALL USA Gymnastics Level 8 Gymnasts

USA Gymnastics **Xcel Diamond** Gymnasts
from the following teams:
*Golden City, Gymnastic World,
North Port, Seaside*

3:00 – 3:20pm General Stretch
3:20 – 3:40pm March In
3:40 – 6:15pm Competition

Individual and Team Awards to Follow

Session 7

ALL USA Gymnastics Level 9 Gymnasts

ALL USA Gymnastics Level 10 Gymnasts

ALL USA Gymnastics Xcel Sapphire Gymnasts

USA Gymnastics **Xcel Diamond** Gymnasts
from the following teams:
Lakewood Ranch, Suncoast, TGR

6:15 – 6:35pm General Stretch
6:35 – 6:55pm March In
6:55 – 9:45pm Competition

Individual and Team Awards to Follow



Door Fees:

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



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Sunday, January 12, 2025

Session 8

USA Gymnastics **Xcel Silver** Gymnasts
from the following teams:
*Golden City, Gymnastic World,
Lakewood Ranch (19), NorthPort, TGR, UGA Oviedo*

8:00 – 8:15am General Stretch
8:15 – 8:25am March In
8:25 – 10:30am Competition

Individual and Team Awards to Follow

Session 9

USA Gymnastics **Xcel Bronze** Gymnasts
from the following teams:
*Bay Area, Golden City, Lakewood Ranch (18),
TGR, UGA Oviedo, World Class*

10:30 – 10:45am General Stretch
10:45 – 11:00am March In
11:00am – 12:45pm Competition

Individual and Team Awards to Follow

Session 10

USA Gymnastics **Xcel Silver** Gymnasts
from the following teams:
*Bay Area, Brown's Orbit, Lakewood Ranch (19),
Premier, World Class*

ALL USA Gymnastics **Level 3** Gymnasts

12:45 – 1:00pm General Stretch
1:00 – 1:15pm March In
1:15 – 3:00pm Competition

Individual and Team Awards to Follow

Session 11

USA Gymnastics **Xcel Bronze** Gymnasts
from the following teams:
*Brown's Orbit, Lakewood Ranch (19), NOVA
Athletic,
Premier, Stars*

ALL USA Gymnastics **Level 1** Gymnasts

ALL USA Gymnastics **Level 2** Gymnasts

3:00 – 3:15pm General Stretch
3:15 – 3:25pm March In
3:25 – 5:30pm Competition

Individual and Team Awards to Follow

Session 12

USA Gymnastics **Xcel Silver** Gymnasts
from the following teams:
*Elite World, NOVA Athletic, Sarasota, Spirit,
Stars, Upward, YMCA Top Flight North Brandon*

5:30 – 5:45pm General Stretch
5:45 – 6:00pm March In
6:00 – 7:45pm Competition

Individual and Team Awards to Follow



Door Fees:

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