

Chow's Winter Classic Invitational

January 12-14, 2024

Friday, January 12

Red Gym			White Gymnastics		
Session 1R1 - Level 3			Empty		
Open Stretch	12:30 PM	Black Hawk Gymnastics, Cahoys Gymnastics Training Center,			Empty
Introductions	12:45 PM	Cedar Valley Gymnastics, Emerge Academy, Jam Hops			
Competition	12:55 PM	Gymnastics, North Central Iowa Gymnastics, Platinum			
Awards	3:00 PM	Gymnastics Academy, Springfield Gymnastics Center, ZnZ			
		Gymnastics Center			
Session 1R2 - Level 4			Empty		
Open Stretch	3:45 PM	Black Hawk Gymnastics, Cahoys Gymnastics Training Center,			Empty
Introductions	4:00 PM	Cedar Valley Gymnastics, Chow's Gymnastics, Emerge			
Competition	4:10 PM	Academy, Fantastic Gymnastics, Jam Hops Gymnastics,			
Awards	6:30 PM	North Central Iowa Gymnastics, Ruby Gymnastics Academy,			
		Springfield Gymnastics Center, ZnZ Gymnastics Center			
Session 1R3 - Level 5			Empty		
Open Stretch	7:00 PM	Cedar Valley Gymnastics, Chow's Gymnastics, Emerge			Empty
Introductions	7:15 PM	Academy, Jam Hops Gymnastics, ZnZ Gymnastics Center			
Competition	7:25 PM				
Awards	9:00 PM				

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Saturday, January 13

Red Gym			White Gym		
Session 2R1 - Level 6			Session 2W1 - XCEL Platinum		
Open Stretch	8:00 AM	Cahoys Gymnastics Training Center, Cedar Valley Gymnastics, Emerge Academy, McCrackens Gymnastics, Platinum Gymnastics Academy, SUCCESS Gymnastics			Empty
Introductions	8:15 AM				
Competition	8:25 AM				
Awards	10:50 AM				
Session 2R2 - Level 7			Session 2W2 - XCEL Platinum		
Open Stretch	11:30 AM	Black Hawk Gymnastics, Cahoys Gymnastics Training Center, Cedar Valley Gymnastics, Chow's Gymnastics, Emerge Academy, Flyaways Gymnastics, Staceys Gymnastics, McCrackens Gymnastics, North Central Iowa Gymnastics, Platinum Gymnastics Academy, Red River Valley Athletics, Transform Academy, Victory Gymnastics Training Center, ZnZ Gymnastics Center	Open Stretch	10:30 AM	Chow's Gymnastics, Mid Iowa Gymnastics, Northwest Gymnastics, Omaha Gymnastics Academy, SUCCESS Gymnastics
Introductions	11:45 AM		Introductions	10:45 AM	
Competition	11:55 AM		Competition	10:55 AM	
Awards	2:45 PM		Awards	2:20 PM	
Session 2R3 - Level 8			Session 2W3 - XCEL Diamond/ Sapphire		
Open Stretch	3:15 PM	Black Hawk Gymnastics, Cedar Valley Gymnastics, Chow's Gymnastics, Emerge Academy, Flyaways Gymnastics, Staceys Gymnastics, McCrackens Gymnastics, Platinum Gymnastics Academy, Red River Valley Athletics, Show Me Gymnastics, Springfield Gymnastics Center, SUCCESS Gymnastics, Synergy Gymnastics, Transform Academy, ZnZ Gymnastics Center	Open Stretch	2:45 PM	Black Hawk Gymnastics, Cedar Valley Gymnastics, Emerge Academy, Integrity Gymnastics, Jam Hops Gymnastics, Ruby Gymnastics Academy, Salute Gymnastics, Springfield Gymnastics Center, Synergy Gymnastics, The Turn Around - GK Blaze, Transform Academy, ZnZ Gymnastics Center
Introductions	3:35 PM		Introductions	3:00 PM	
Competition	3:45 PM		Competition	3:10 PM	
Awards	5:30 PM		Awards	5:30 PM	
EXHIBITION: 5:30-6:15 PM					
Session 2R4 - Levels 9 and 10					
Open Stretch	6:15 PM	Black Hawk Gymnastics, Cedar Valley Gymnastics, Chow's Gymnastics, Emerge Academy, Flyaways Gymnastics, Staceys Gymnastics, McCrackens Gymnastics, Platinum Gymnastics Academy, Red River Valley Athletics, Show Me Gymnastics, SUCCESS Gymnastics, Synergy Gymnastics, ZnZ Gymnastics Center	Open Stretch	6:20 PM	Black Hawk Gymnastics, Cedar Valley Gymnastics, Chow's Gymnastics, Emerge Academy, Jam Hops Gymnastics, Mid Iowa Gymnastics, Omaha Gymnastics Academy, Salute Gymnastics, SUCCESS Gymnastics, Synergy Gymnastics, The Turn Around - GK Blaze, ZnZ Gymnastics Center
Introductions	6:35 PM		Introductions	6:35 PM	
Competition	6:45 PM		Competition	6:45 PM	
Awards	9:00 PM		Awards	9:30 PM	

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Sunday, January 14

Red Gym			White Gym		
Session 3R1 - XCEL Bronze			Session 3W1 - XCEL Bronze		
Open Stretch	9:00 AM	Mid Iowa Gymnastics, North Central Iowa Gymnastics, Platinum Gymnastics Academy, Ruby Gymnastics Academy, The Turn Around - GK Blaze	Open Stretch	9:00 AM	Cedar Valley Gymnastics, Goodwins Pella Gymnastics School, Salute Gymnastics, Synergy Gymnastics, ZnZ Gymnastics Center
Introductions	9:15 AM		Introductions	9:15 AM	
Competition	9:25 AM		Competition	9:25 AM	
Awards	10:30 AM		Awards	10:20 AM	
Session 3R2 - XCEL Silver			Session 3W2 - XCEL Silver		
Open Stretch	11:00 AM	Chow's Gymnastics, Jam Hops Gymnastics, Northwest Gymnastics, Omaha Gymnastics Academy, Ruby Gymnastics Academy, Synergy Gymnastics	Open Stretch	11:00 AM	Cedar Valley Gymnastics, Goodwins Pella Gymnastics School, Mid Iowa Gymnastics, North Central Iowa Gymnastics, Platinum Gymnastics Academy, Salute Gymnastics, Springfield Gymnastics Center
Introductions	11:15 AM		Introductions	11:15 AM	
Competition	11:25 AM		Competition	11:25 AM	
Awards	1:30 PM		Awards	1:10 PM	
Session 3R3 - XCEL Silver			Session 3W3 - XCEL Gold		
Open Stretch	2:00 PM	Black Hawk Gymnastics, Burlington Area YMCA, Cahoy's Gymnastics Training Center, Emerge Academy, Omaha Gymnastics Academy, The Turn Around - GK Blaze, ZnZ Gymnastics Center	Open Stretch	2:00 PM	Mid Iowa Gymnastics, Salute Gymnastics, Springfield Gymnastics Center, SUCCESS Gymnastics, Synergy Gymnastics
Introductions	2:15 PM		Introductions	2:15 PM	
Competition	2:25 PM		Competition	2:25 PM	
Awards	4:30 PM		Awards	4:40 PM	
Session 3R4 - XCEL Gold			Session 3W4 - XCEL Gold		
Open Stretch	5:00 PM	Chow's Gymnastics, Emerge Academy, Jam Hops Gymnastics, Omaha Gymnastics Academy	Open Stretch	5:00 PM	Black Hawk Gymnastics, Burlington Area YMCA, Cahoy's Gymnastics Training Center, Cedar Valley Gymnastics, Goodwins Pella Gymnastics School, Integrity Gymnastics, Northwest Gymnastics, Platinum Gymnastics Academy, The Turn Around - GK Blaze, ZnZ Gymnastics Center
Introductions	5:15 PM		Introductions	5:15 PM	
Competition	5:25 PM		Competition	5:25 PM	
Awards	8:40 PM		Awards	7:40 PM	