

Chow's Winter Classic Invitational

January 13-16, 2022

Thursday, January 13

Red Gym			White Gym		
Session 1R1 - Level 3			Session 1W1 - Level 3		
Open Stretch	4:30 PM	Black Hawk Gymnastics, Burlington Y Gymnastics, Dynamics Gymnastics Center, Emerge Academy, Flips Gymnastics, Iowa Gym-Nest, Pioneer Gymnastics Academy, Twisters Gymnastics	Open Stretch	4:30 PM	Omaha Gymnastics Academy, Sapphire Gymnastics Academy, Somersaults Gymnastics Center, SUCCESS Gymnastics, Synergy Gymnastics
Introductions	4:45 PM		Introductions	4:45 PM	
Competition	4:55 PM		Competition	4:55 PM	
Awards	6:30 PM		Awards	6:30 PM	
Session 1R2 - Level 4			Session 1W2 - Level 4		
Open Stretch	7:00 PM	Chow's Gymnastics, Pioneer Gymnastics Academy, Premier Gymnastics, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Wichita Gymnastics Club	Open Stretch	7:00 PM	Burlington Y Gymnastics, Cahoy's Gymnastics Training Center, Cedar Valley Gymnastics Academy, Emerge Academy, Evolve Gymnastics and Tumbling, Iowa Gym-Nest, Lawrence Gymnastics and Athletics, Metro Stars Gymnastics, Omaha Gymnastics Academy, Prairie Fire Gymnastics, Twisters Gymnastics
Introductions	7:15 PM		Introductions	7:15 PM	
Competition	7:25 PM		Competition	7:25 PM	
Awards	9:30 PM		Awards	9:30 PM	

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Friday, January 14

Red Gym			White Gym		
Session 2R1 - Level 6			Session 2W1 - Level 6		
Open Stretch	8:00 AM	Cahoy's Gymnastics Training Center, Chow's Gymnastics, Iowa Gym-Nest, KC Elite Gymnastics Club, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, Twisters Gymnastics	Open Stretch	8:00 AM	Chameleon Gymnastics, Flippers Gymnastics, Kansas City Gymnastics School, Metro Stars Gymnastics, Manhattan Gymnastics Academy, Northwest Gymnastics, Premier Gymnastics, Synergy Gymnastics, Trinita Gymnastics
Introductions	8:15 AM		Introductions	8:15 AM	
Competition	8:25 AM		Competition	8:25 AM	
Awards	10:15 AM		Awards	10:15 AM	
Session 2R2 - Level 7			Session 2W2 - Level 7		
Open Stretch	11:00 AM	Black Hawk Gymnastics, Chow's Gymnastics, Cedar Valley Gymnastics Academy, Evolve Gymnastics and Tumbling, Flippers Gymnastics, Iowa Gym-Nest, KC Elite Gymnastics Club, Kansas City Gymnastics School, Manhattan Gymnastics Academy, Omaha Gymnastics Academy, Wichita Gymnastics Club	Open Stretch	11:00 AM	Cahoy's Gymnastics Training Center, Chameleon Gymnastics, Dubuque All Around Gymnastics, Emerge Academy, Lawrence Gymnastics and Athletics, Metro Stars Gymnastics, Premier Gymnastics, Sapphire Gymnastics Academy, Somersaults Gymnastics Center, SUCCESS Gymnastics, Synergy Gymnastics, Trinita Gymnastics, Twisters Gymnastics
Introductions	11:15 AM		Introductions	11:15 AM	
Competition	11:25 AM		Competition	11:25 AM	
Awards	1:55 PM		Awards	1:55 PM	
Session 2R3 - Level 8			Session 2W3 - Level 8		
Open Stretch	2:30 PM	Burlington Y Gymnastics, Chameleon Gymnastics, Cedar Valley Gymnastics Academy, Dubuque All Around Gymnastics, Lawrence Gymnastics and Athletics, Missouri Valley Gymnastics, Plantinum Gymnastics Academy, Prairie Fire Gymnastics, Premier Gymnastics, Sapphire Gymnastics Academy, Synergy Gymnastics, Trinita Gymnastics, Twisters Gymnastics	Open Stretch	2:30 PM	Buckeye Gymnastics, Cahoy's Gymnastics Training Center, Iowa Gym-Nest, Northwest Gymnastics, Omaha Gymnastics Academy, SUCCESS Gymnastics, Transform Academy, Wichita Gymnastics Club
Introductions	2:50 PM		Introductions	2:50 PM	
Competition	3:00 PM		Competition	3:00 PM	
Awards	4:50 PM		Awards	4:50 PM	
Session 2R4 - Level 5			Session 2W4 - XCEL Diamond		
Open Stretch	5:30 PM	Black Hawk Gymnastics, Cahoy's Gymnastics Training Center, Chow's Gymnastics, Dynamics Gymnastics, Emerge Academy, Evolve Gymnastics and Tumbling, Iowa Gym-Nest, Metro Stars Gymnastics, Manhattan Gymnastics Academy, Omaha Gymnastics Academy, Pioneer Gymnastics Academy, Prairie Fire Gymnastics, Premier Gymnastics, Sapphire Gymnastics Academy, Synergy Gymnastics, Transform Academy, Wichita Gymnastics Club	Open Stretch	5:30 PM	Black Hawk Gymnastics, Chow's Gymnastics, Dubuque All Around Gymnastics, Emerge Academy, Iowa Gym-Nest, Mid Iowa Gymnastics, Missouri Valley Gymnastics, Omaha Gymnastics Academy, Plantinum Gymnastics Academy, Salute Gymnastics, Somersaults Gymnastics Center, Team Flip Gymnastics, Twisters Gymnastics
Introductions	5:45 PM		Introductions	5:45 PM	
Competition	5:55 PM		Competition	5:55 PM	
Awards	8:25 PM		Awards	8:05 PM	

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Saturday, January 15

Red Gym			White Gym		
Session 3R1 - Level 9			Session 3W1 - XCEL Platinum		
Open Stretch	9:00 AM	Black Hawk Gymnastics, Buckeye Gymnastics, Cahoy's Gymnastics Training Center, Chameleon Gymnastics, Chow's Gymnastics, Cedar Valley Gymnastics Academy, Emerge Academy, Iowa Gym-Nest, KC Elite Gymnastics Club, Lawrence Gymnastics and Athletics, Metro Stars Gymnastics, Manhattan Gymnastics Academy, Missouri Valley Gymnastics, Omaha Gymnastics Academy, Prairie Fire Gymnastics, Premier Gymnastics, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Twisters Gymnastics	Open Stretch	9:00 AM	Chow's Gymnastics, Lawrence Gymnastics and Athletics, Missouri Valley Gymnastics, Omaha Gymnastics Academy, Salute Gymnastics, Sapphire Gymnastics Academy, Team Flip Gymnastics, Trinita Gymnastics, Twisters Gymnastics
Introductions	9:20 AM		Introductions	9:15 AM	
Competition	9:30 AM		Competition	9:25 AM	
Awards	12:20 PM		Awards	12:35 PM	
Session 3R2 - Level 10			Session 3W2 - XCEL Platinum		
Open Stretch	1:00 PM	Black Hawk Gymnastics, Buckeye Gymnastics, Chow's Gymnastics, Emerge Academy, Flips Gymnastics, Iowa Gymnastics Academy, Iowa Gym-Nest, KC Elite Gymnastics Club, Lawrence Gymnastics and Athletics, Midwest Gymnastics Center, Missouri Valley Gymnastics, Northwest Gymnastics, Omaha Gymnastics Academy, Premier Gymnastics, Trinita Gymnastics, Twisters Gymnastics, Wichita Gymnastics Club	Open Stretch	1:00 PM	Burlington Y Gymnastics, Dubuque All Around Gymnastics, Emerge Academy, Flippers Gymnastics, GK Gymnastics, Iowa Gym-Nest, Mid Iowa GYMnastics, Platinum Gymnastics Academy, Prairie Fire Gymnastics, Somersaults Gymnastics Center, SUCCESS Gymnastics, Synergy Gymnastics, Wichita Gymnastics Club
Introductions	1:20 PM		Introductions	1:15 PM	
Competition	1:30 PM		Competition	1:25 PM	
Awards	4:20 PM		Awards	4:35 PM	

Spieth Winter Classic Cup College Meet - Doors open at 6:00
****ALL CHOW'S WINTER CLASSIC 2022 GYMNASTS GET IN FREE!****

Chow's Winter Classic Invitational

January 13-16, 2022

Sunday, January 16

Red Gym			White Gym		
Session 4R1 - XCEL Bronze			Session 4W1 -XCEL Bronze		
Open Stretch	8:00 AM	Burlington Y Gymnastics, Dubuque All Around Gymnastics, Iowa Gym-Nest, Lawrence Gymnastics and Athletics, Mid Iowa GYMnastics, Platinum Gymnastics Academy, Somersaults Gymnastics Center, SUCCESS Gymnastics	Open Stretch	8:00 AM	Corning Gymnastics, GK Gymnastics, Goodwin's Pella Gymnastics, Salute Gymnastics, Sapphire Gymnastics Academy, Synergy Gymnastics, Team Flip Gymnastics
Introductions	8:15 AM		Introductions	8:15 AM	
Competition	8:25 AM		Competition	8:25 AM	
Awards	9:50 AM		Awards	9:50 AM	
Session 4R2 -XCEL Silver			Session 4W2 - XCEL Silver		
Open Stretch	10:15 AM	Dubuque All Around Gymnastics, Emerge Academy, Iowa Gym-Nest, Northwest Gymnastics, Platinum Gymnastics Academy, Salute Gymnastics, Twisters Gymnastics	Open Stretch	10:15 AM	Chow's Gymnastics, (Sapphire Gymnastics Academy <i>w/birthdays between 12/7/2007 and 12/30/2011</i>), (Somersaults Gymnastics Center <i>w/birthdays between 12/22/2006 and 11/15/2010</i>), Synergy Gymnastics, Team Flip Gymnastics
Introductions	10:30 AM		Introductions	10:30 AM	
Competition	10:40 AM		Competition	10:40 AM	
Awards	12:50 PM		Awards	12:50 PM	
Session 4R3 - XCEL Silver			Session 4W3 - XCEL Gold		
Open Stretch	1:30 PM	Burlington Y Gymnastics, Corning Gymnastics, GK Gymnastics, Lawrence Gymnastics and Athletics, Mid Iowa GYMnastics, Omaha Gymnastics Academy, Goodwin's Pella Gymnastics, (Sapphire Gymnastics Academy <i>w/birthdays between 1/5/2012 and 3/7/2015</i>), (Somersaults Gymnastics Center <i>w/birthdays between 1/16/2011 and 12/1/2013</i>), SUCCESS Gymnastics	Open Stretch	1:30 PM	Emerge Academy, Northwest Gymnastics, Platinum Gymnastics Academy, Salute Gymnastics, SUCCESS Gymnastics, Team Flip Gymnastics
Introductions	1:45 PM		Introductions	1:45 PM	
Competition	1:55 PM		Competition	1:55 PM	
Awards	4:05 PM		Awards	4:30 PM	
Session 4R4 -XCEL Gold			Session 4W4 -XCEL Gold		
Open Stretch	4:30 PM	Burlington Y Gymnastics, Dubuque All Around Gymnastics, Iowa Gym-Nest, Lawrence Gymnastics and Athletics, Mid Iowa GYMnastics, Sapphire Gymnastics Academy, Somersaults Gymnastics Center, Synergy Gymnastics	Open Stretch	5:00 PM	Cahoy's Gymnastics Training Center, Chow's Gymnastics, Corning Gymnastics, Flippers Gymnastics, GK Gymnastics, Omaha Gymnastics Academy, Goodwin's Pella Gymnastics, Twisters Gymnastics, Wichita Gymnastics Club
Introductions	4:45 PM		Introductions	5:15 PM	
Competition	4:55 PM		Competition	5:25 PM	
Awards	8:20 PM		Awards	8:50 PM	