

Chow's Winter Classic Invitational

January 12-14, 2023

Thursday, January 12

Red Gym			White Gym		
Session 1R1 - Level 3			Session 1W1 - Level 3		
Open Stretch	8:00 AM	Airborne Gymnastics Academy, Black Hawk Gymnastics, Iowa Gym-Nest, Omaha Gymnastics Academy	Open Stretch	8:00 AM	Dubuque Gymnastics Club, Emerge Academy, North Central Iowa Gymnastics, North Shore Gymnastics, Sapphire Gymnastics Academy, Savage Gymnastics Academy, SUCCESS Gymnastics, Triad Gymnastics, Twisters Gymnastics
Introductions	8:15 AM		Introductions	8:15 AM	
Competition	8:25 AM		Competition	8:25 AM	
Awards	10:10 AM		Awards	10:10 AM	
Session 1R2 - Level 6			Session 1W2 - Level 4		
Open Stretch	10:30 AM	Airborne Gymnastics Academy, Black Hawk Gymnastics, Chow's Gymnastics, Diamond Gymnastics and Dance Academy, Dubuque Gymnastics Club, Iowa Gym-Nest, Metro Stars Gymnastics, North Central Iowa Gymnastics, North Shore Gymnastics, Northwest Gymnastics, Nebraska School of Gymnastics, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Transform Academy, Twisters Gymnastics	Open Stretch	10:30 AM	Airborne Gymnastics Academy, Chow's Gymnastics, Emerge Academy, Iowa Gym-Nest, North Shore Gymnastics, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Triad Gymnastics, Twisters Gymnastics
Introductions	10:45 AM		Introductions	10:45 AM	
Competition	10:55 AM		Competition	10:55 AM	
Awards	1:45 PM		Awards	1:45 PM	
Session 1R3 - Level 7			Session 1W3 - Level 5		
Open Stretch	2:15 PM	Airborne Gymnastics Academy, Black Hawk Gymnastics, Cedar Valley Gymnastics, Chow's Gymnastics, Dolphin Gymnastics, Emerge Academy, Iowa Gym-Nest, Nebraska School of Gymnastics, North Shore Gymnastics, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, Tiger Academy of Gymnastics, Twin City Twisters, Twisters Gymnastics, Victory Gymnastics Training Center	Open Stretch	2:15 PM	Chow's Gymnastics, Emerge Academy, Iowa Gym-Nest, North Shore Gymnastics, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Triad Gymnastics
Introductions	2:30 PM		Introductions	2:30 PM	
Competition	2:40 PM		Competition	2:40 PM	
Awards	6:00 PM		Awards	4:10 PM	
Session 1R4 - Level 8			Session 1W4 - XCEL Diamond		
Open Stretch	6:15 PM	Cedar Valley Gymnastics, Chow's Gymnastics, Diamond Gymnastics and Dance Academy, Emerge Academy, Iowa Gym-Nest, Nebraska School of Gymnastics, North Shore Gymnastics, Northwest Gymnastics, Omaha Gymnastics Academy, Savage Gymnastics Academy, SUCCESS Gymnastics, Tiger Academy of Gymnastics, Transform Academy, Twin City Twisters, Twisters Gymnastics	Open Stretch	4:30 PM	Chow's Gymnastics, Emerge Academy, Mid Iowa Gymnastics, North Shore Gymnastics, Omaha Gymnastics Academy, Salute Gymnastics, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Team Flip Gymnastics, Twisters Gymnastics
Introductions	6:35 PM		Introductions	4:45 PM	
Competition	6:45 PM		Competition	4:55 PM	
Awards	9:30 PM		Awards	7:30 PM	

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Friday, January 13

Red Gym			White Gym		
Session 2R1 - XCEL Bronze			Session 2W1 -XCEL Bronze		
Open Stretch	9:00 AM	Iowa Gym-Nest, Mid Iowa Gymnastics, Sapphire Gymnastics Academy	Open Stretch	9:00 AM	Corning Gymnastics, Dolphin Gymnastics, Dubuque Gymnastics Club, Goodwins Pella Gymnastics School, Midwest Elite Gymnastics Academy, Salute Gymnastics, Team Flip Gymnastics, Twisters Gymnastics
Introductions	9:15 AM		Introductions	9:15 AM	
Competition	9:25 AM		Competition	9:25 AM	
Awards	10:40 AM		Awards	10:15 AM	
Session 2R2 -XCEL Silver			Session 2W2 - XCEL Silver		
Open Stretch	11:00 AM	Mid Iowa Gymnastics, North Shore Gymnastics, Sapphire Gymnastics Academy, Twisters Gymnastics	Open Stretch	11:00 AM	Chow's Gymnastics, Corning Gymnastics, Iowa Gym-Nest, Northwest Gymnastics, Omaha Gymnastics Academy
Introductions	11:15 AM		Introductions	11:15 AM	
Competition	11:25 AM		Competition	11:25 AM	
Awards	1:50 PM		Awards	1:30 PM	
Session 2R3 - XCEL Silver			Session 2W3 - XCEL Gold		
Open Stretch	2:15 PM	Burlington Area YMCA, Dolphin Gymnastics, Dubuque Gymnastics Club, Emerge Academy, Goodwins Pella Gymnastics School, Midwest Elite Gymnastics Academy, Salute Gymnastics, Team Flip Gymnastics	Open Stretch	2:15 PM	Fuzion Gymnastics, Mid Iowa Gymnastics, Northwest Gymnastics, Twisters Gymnastics
Introductions	2:30 PM		Introductions	2:30 PM	
Competition	2:40 PM		Competition	2:40 PM	
Awards	4:25 PM		Awards	5:10 PM	
Session 2R4 -XCEL Gold			Session 2W4 -XCEL Gold		
Open Stretch	5:30 PM	Burlington Area YMCA, Corning Gymnastics, Dolphin Gymnastics, Emerge Academy, Goodwins Pella Gymnastics School, Midwest Elite Gymnastics Academy, North Shore Gymnastics, Salute Gymnastics, Transform Academy	Open Stretch	5:30 PM	Chow's Gymnastics, Iowa Gym-Nest, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Team Flip Gymnastics
Introductions	5:45 PM		Introductions	5:45 PM	
Competition	5:55 PM		Competition	5:55 PM	
Awards	7:40 PM		Awards	9:00 PM	

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January 12-14, 2023

Saturday, January 14

Red Gym			White Gym		
Session 3R1 - Level 9			Session 3W1 - XCEL Platinum		
Open Stretch	8:00 AM	Airborne Gymnastics Academy, Cedar Valley Gymnastics, Chow's Gymnastics, Diamond Gymnastics and Dance Academy, Emerge Academy, Iowa Gym-Nest, Nebraska School of Gymnastics, North Shore Gymnastics, Northwest Gymnastics, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, SUCCESS Gymnastics, Tiger Academy of Gymnastics, Twisters Gymnastics	Open Stretch	8:05 AM	Chow's Gymnastics, Midwest Elite Gymnastics Academy, North Shore Gymnastics, Omaha Gymnastics Academy, Sapphire Gymnastics Academy, Twisters Gymnastics
Introductions	8:20 AM		Introductions	8:20 AM	
Competition	8:30 AM		Competition	8:30 AM	
Awards	10:50 PM		Awards	11:00 PM	
Session 3R2 - Level 10			Session 3W2 - XCEL Platinum		
Open Stretch	11:15 AM	Airborne Gymnastics Academy, Black Hawk Gymnastics, Chow's Gymnastics, Emerge Academy, Iowa Gym-Nest, Metro Stars Gymnastics, Northwest Gymnastics, Omaha Gymnastics Academy, SUCCESS Gymnastics, Twisters Gymnastics	Open Stretch	11:20 AM	Black Hawk Gymnastics, Dolphin Gymnastics, Emerge Academy, Fuzion Gymnastics, Iowa Gym-Nest, Mid Iowa Gymnastics, Salute Gymnastics, SUCCESS Gymnastics, Team Flip Gymnastics
Introductions	11:35 AM		Introductions	11:35 AM	
Competition	11:45 AM		Competition	11:45 AM	
Awards	1:10 PM		Awards	1:40 PM	

Winter Classic Cup Collegiate Meet - Doors open at 2:00

ALL CHOW'S WINTER CLASSIC 2023 GYMNASTS GET IN FREE!