

Tropical Twist, Saturday, February 15th, 2025

Session 1, XCEL Bronze & Silver, DP Level 3 (89 gymnasts)

Open Stretch 8:00

March In 8:20

W-up/Compete 8:30

Awards to follow

Flight A (47 gymnasts)

VAULT (10)	BARS (14)	BEAM (13)	FLOOR (10)
GCG XB-10	Vault 3's-8 GCG 3's-6	GRGA XB-13	Duluth XB-10

Flight B (42 gymnasts)

VAULT (10)	BARS (11)	BEAM (6)	FLOOR (15)
Duluth XS-10	GRGA 3's-11	GRGA XS-6	GCG XS-15

Session 2, XCEL Gold & Platinum, DP Level 4 (78 gymnasts)

Open Stretch 11:15

March In 11:35

W-up/Compete 11:45

Awards to follow

Flight A (39 gymnasts)

VAULT (8)	BARS (12)	BEAM (8)	FLOOR (11)
GCG 4's-8	GRGA 4's-12	Vault 4's-8	Duluth XG-8 Duluth XP-3

Flight B (39 gymnasts)

VAULT (9)	BARS (10)	BEAM (7)	FLOOR (13)
Elite XP-9	Balance XP-5 Gym Bin-XP-5	No Boundaries XP-2 N. Twistars XP-5	GCG XP-13

Session 3, XCEL Gold (92 gymnasts)

Open Stretch 2:40

March In 3:00

W-up/Compete 3:10

Awards to follow

Flight A (44 gymnasts)

VAULT (14)	BARS (10)	BEAM (10)	FLOOR (10)
GCG XG-14	Gym Bin XG-10	Gym Bin XG-10	Elite XG-10

Flight B (48 gymnasts)

VAULT (12)	BARS (12)	BEAM (12)	FLOOR (12)
Balance XG-12	No Boundaries XG-12	Balance XG-4 N. Twistars XG-8	GRGA XG-7 Elite XG-5

Session 4, XCEL Diamond and DP Levels 5-9 (64 gymnasts)

Open Stretch 6:00

March In 6:20

W-up/Compete 6:30

Awards to follow

Flight A (30 gymnasts)

VAULT (8)	BARS (7)	BEAM (10)	FLOOR (5)
Elite 6's-2	GCG 6's-2	No Boundaries 6's-5	Vault 6's-2
Elite 7's-6	GCG 7's-3	No Boundaries 7's-5	Vault 7's-3
	GCG 8's-2		

Flight B (34 gymnasts)

VAULT (8)	BARS (12)	BEAM (7)	FLOOR (7)
GCG 5's-8	Gym Bin XD-4	Elite XD-3	No Boundaries 8's-4
	N. Twistars XD-8	Elite 9's-4	No Boundaries 9's-1
			Vault 8's-1
			Vault 9's-1

updated 1/13/25

323 gymnasts