

Session Summary

Mar 1-3, 2024

Friday, March 1, 2024			Session: FR1			Open Warmup 8:00 AM			Timed Warmup 8:15 AM		
Gold			# Gymnasts 71			Flight A (40 gymnasts)			Flight B (31 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Accel	XG	7	Black Diamond	XG	5						
Airborne	XG	21	Dream Xtreme	XG	8						
Gold Star	XG	10	Four Stars	XG	3						
Gymtowne Coastsides	XG	2	Fusion	XG	3						
			Head Over Heels	XG	6						
			Santa Cruz	XG	3						
			Top Flight	XG	3						

Friday, March 1, 2024			Session: FR2			Open Warmup 11:00 AM			Timed Warmup 11:15 AM		
Bronze & Silver			# Gymnasts 62			Flight A (34 gymnasts)			Flight B (28 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Airborne	XS	9	Four Stars	XS	7						
Dream Xtreme	XS	9	Fusion	XB	3						
Fusion	XS	5	Gymtowne Coastsides	XB	5						
Head Over Heels	XS	6	Head Over Heels	XB	2						
The Cave	XB	5	The Cave	XS	11						

Friday, March 1, 2024			Session: FR3			Open Warmup 2:00 PM			Timed Warmup 2:15 PM		
Bronze & Silver			# Gymnasts 60			Flight A (29 gymnasts)			Flight B (31 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Black Diamond	XS	8	Four Stars	XB	17						
IFlip	XB	13	V-Force	XS	14						
Santa Cruz	XS	8									

Friday, March 1, 2024			Session: FR4			Open Warmup 5:00 PM			Timed Warmup 5:15 PM		
Platinum & Diamond			# Gymnasts 60			Flight A (31 gymnasts)			Flight B (29 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Accel	XD	7	Airborne	XD	6						
Airborne	XP	15	Black Diamond	XD	2						
Dream Xtreme	XD	2	Black Diamond	XP	7						
Dream Xtreme	XP	5	Gold Star	XD	4						
Head Over Heels	XD	1	Gold Star	XP	2						
Head Over Heels	XP	1	Rohnert Park	XD	7						
			Santa Cruz	XD	1						

Session Summary

Mar 1-3, 2024

Saturday, March 2, 2024			Session: SA 1			Open Warmup 8:00 AM			Timed Warmup 8:15 AM		
Bronze & Silver			# Gymnasts 53			Flight A (53 gymnasts)			Flight B (0 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Accel	XB	15									
Black Diamond	XB	4									
Dream Xtreme	XB	20									
Top Flight	XB	14									

Saturday, March 2, 2024			Session: SA 2			Open Warmup 11:00 AM			Timed Warmup 11:15 AM		
L 6, Bronze & Silver			# Gymnasts 60			Flight A (32 gymnasts)			Flight B (28 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Accel	XS	12	Accel	6	8						
Gymtowne Coastside	XS	2	Black Diamond	6	1						
V-Force	XS	18	CGA	6	5						
			CSC - Race	6	3						
			Dream Xtreme	6	4						
			Elevate	6	3						
			Gymtowne Coastside	6	4						

Saturday, March 2, 2024			Session: SA 3			Open Warmup 2:00 PM			Timed Warmup 2:15 PM		
L 7			# Gymnasts 40			Flight A (20 gymnasts)			Flight B (20 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
CGA	7	3	Accel	7	4						
CSC - Race	7	4	Black Diamond	7	2						
Elevate	7	7	Dream Xtreme	7	4						
Gymtowne Coastside	7	3	Empire	7	10						
NorCal Elite	7	3									

Saturday, March 2, 2024			Session: SA 4			Open Warmup 5:00 PM			Timed Warmup 5:15 PM		
L 8,9,10			# Gymnasts 43			Flight A (22 gymnasts)			Flight B (21 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Black Diamond	9	2	Accel	10	2						
CGA	8	3	Accel	8	4						
CGA	9	3	Accel	9	3						
Elevate	10	1	CSC - Race	8	5						
Elevate	8	4	CSC - Race	9	1						
Elevate	9	2	CSC - Great Oaks	9	3						
Empire	10	1	Gymtowne Coastside	8	1						
Empire	8	2	Gymtowne Coastside	9	2						
Empire	9	2									
NorCal Elite	10	1									
NorCal Elite	9	1									

Session Summary

Mar 1-3, 2024

Sunday, March 3, 2024			Session: SU1			Open Warmup 8:00 AM			Timed Warmup 8:15 AM		
Gold			# Gymnasts 52			Flight A (29 gymnasts)			Flight B (23 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Elevate	XG	9	Rohnert Park	XG	11						
Empire	XG	12	V-Force	XG	12						
NorCal Elite	XG	8									

Sunday, March 3, 2024			Session: SU2			Open Warmup 11:00 AM			Timed Warmup 11:15 AM		
Gold & Silver			# Gymnasts 68			Flight A (31 gymnasts)			Flight B (37 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Elevate	XG	12	Empire	XS	11						
Rohnert Park	XG	7	Imperial	XS	7						
V-Force	XG	12	NorCal Elite	XS	7						
			Top Flight	XS	12						

Sunday, March 3, 2024			Session: SU3			Open Warmup 2:00 PM			Timed Warmup 2:15 PM		
Broze & Silver			# Gymnasts 66			Flight A (34 gymnasts)			Flight B (32 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Elevate	XB	5	Elevate	XS	14						
Imperial	XB	8	Rohnert Park	XS	16						
V-Force	XB	21	Sonoma	XS	2						

Sunday, March 3, 2024			Session: SU4			Open Warmup 5:00 PM			Timed Warmup 5:15 PM		
Platinum & Diamond			# Gymnasts 57			Flight A (29 gymnasts)			Flight B (28 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
AADG	XD	1	Accel	XP	7						
Empire	XP	11	Sonoma	XD	1						
NorCal Elite	XD	4	Sonoma	XP	2						
NorCal Elite	XP	4	V-Force	XD	7						
Rohnert Park	XP	9	V-Force	XP	11						