

# Spring Tune Up 2023

## Session Summary

Apr 1-2, 2023

Saturday, April 1, 2023			Session: 1			Open Stretch 8:30 AM			Timed Warmup 9:10 AM		
Level 5 & Xcel G P D			# Gymnasts 69			Introduction 9:00 AM			Awards 11:40 AM		
Flight A (34 gymnasts)						Flight B (35 gymnasts)					
Gym	Level	# Gymnasts				Gym	Level	# Gymnasts			
All American Flames	5	9				Bloomfield	XG	1			
Extreme Gym	XG	5				MAG	XG	4			
Extreme Gym	XP	4				MAG	XP	5			
GymTactics	5	1				Mills	5	6			
KGI	XD	3				Mills	XG	7			
KGI	XG	5				Troy gymnastics	XG	4			
KGI	XP	7				Troy gymnastics	XP	8			

Saturday, April 1, 2023			Session: 2			Open Stretch 12:30 PM			Timed Warmup 1:10 PM		
Xcel Silver/Level 3			# Gymnasts 73			Introduction 1:00 PM			Awards 3:20 PM		
Flight A (37 gymnasts)						Flight B (36 gymnasts)					
Gym		Level	# Gymnasts	Gym		Level	# Gymnasts	Gym		Level	# Gymnasts
American		3	9	Cheetah kidz		XS	11	GymTactics		3	13
Extreme Gym		XS	9	KGI		XS	10	Mills		XS	2
Mills		3	11	Troy gymnastics		XS	8				

Saturday, April 1, 2023			Session: 3		Open Stretch 4:00 PM		Timed Warmup 4:40 PM	
Level 4			# Gymnasts 76		Introduction 4:30 PM		Awards 7:05 PM	
Flight A (36 gymnasts)			Flight B (40 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
Extreme Gym	4	1	All American Flames	4	13			
GymTactics	4	12	American	4	17			
KGI	4	7	MAG	4	10			
MAG	4	10						
Mills	4	6						

Sunday, April 2, 2023			Session: 4			Open Stretch 9:00 AM			Timed Warmup 9:40 AM		
Level 3			# Gymnasts 59			Introduction 9:30 AM			Awards 11:20 AM		
Flight A (30 gymnasts)						Flight B (29 gymnasts)					
Gym		Level	# Gymnasts	Gym		Level	# Gymnasts	Gym		Level	# Gymnasts
All American Flames		3	14	All American Flames		3	6	All American Flames		3	6
MAG		3	16	Extreme Gym		3	5	Extreme Gym		3	5
				KGI		3	11	KGI		3	11
				MAG		3	7	MAG		3	7

Sunday, April 2, 2023			Session: 5			Open Stretch 12:00 PM			Timed Warmup 12:30 PM		
Fun Meet #1			# Gymnasts 61			Introduction 12:20 PM			Awards 1:45 PM		
Flight A (34 gymnasts)						Flight B (27 gymnasts)					
Gym		Level		# Gymnasts		Gym		Level		# Gymnasts	
American		1		9		CC Flips		2		6	
American		2		11		CC Flips		3		8	
KGI		1		8		KGI		2		7	
Troy gymnastics		XB		6		Troy gymnastics		XB		6	

# Spring Tune Up 2023

## Session Summary

Apr 1-2, 2023

Sunday, April 2, 2023		Session: 6	Open Stretch 2:30 PM	Timed Warmup 3:00 PM
Fun Meet #2		# Gymnasts 48	Introduction 2:50 PM	Awards 4:40 PM
Gym	Level	# Gymnasts		
Extreme Gym	1	2		
Extreme Gym	2	6		
Extreme Gym	3	2		
MAG	1	7		
MAG	2	4		
MAG	XB	16		
Sports Club WB	XB	11		