

Chow's Winter Classic Invitational

Saturday, January 18, 2025

Boys Gym

Session 1: Levels 3 & 4 - Traditional Warm Up

Open Stretch	8:30 AM	Cedar Valley Gymnastics, Chow's Gymnastics, and Emerge Academy
Warm Up All	8:45 AM	
Introduction	9:55 AM	
Competition	10:00 AM	
Awards	11:30 AM	

Session 2: Levels 5 & 6 - Modified Warm Up

		Cedar Valley Gymnastics, Chow's Gymnastics, Emerge Academy, and Mercury Gymnastics
Open Stretch	12:30 PM	
Introduction	12:50 PM	
Competition	1:00 PM	
Awards	3:00 PM	

Session 3: Levels 7, 8, 9, & 10 - Modified Warm Up

		Cedar Valley Gymnastics, Chow's Gymnastics, Emerge Academy, and Mercury Gymnastics
Open Stretch	4:30 PM	
Introduction	4:50 PM	
Competition	5:00 PM	
Awards	8:00 PM	