

2022 Girls Hawaiian Pineapple Inv. Schedule 11/1/22

*Gym A Modified Capitol Cup

*Gym B Capitol Cup



Friday, December 16th

Session 1 Women

Gym A – Level 7			Gym B – Levels 3/2/Xcel Silver		
12:30 PM	Doors Open		12:30 PM	Doors Open	
1:00 - 1:20	Open Stretch		1:00 - 1:20	Open Stretch	
1:20 – 1:30	March-In		1:20 – 1:30	March-In	
1:30 - 4:30	Warm-up/Competition		1:30 - 4:30	Warm-up/Competition	
Amer. Eagles	Cary	Corkscrew	Epic L3	Gym Stars XS	
CLGTC	Flying High	Lakeshore	HUGS L3/XS	KIAGA L3	
PGC	SGA	Synergy	Lakeshore MP L3	Next Level L3/2	
Ultimate	Wilmette		NW Turners XS	Oak Park XS	
			Prairie L3/XS	Ultimate XS	
			Wilmette XS		

Session 2 Women

Gym A Level 6			Gym B Level 3		
4:30 PM	Doors Open		4:30 PM	Doors Open	
5:00 - 5:20	Open Stretch		5:00 - 5:20	Open Stretch	
5:20 – 5:30	March-In		5:20 – 5:30	March-In	
5:30 - 8:30	Warm-up/Competition		5:30 - 8:30	Warm-up/Competition	
AAG	AAGN	CLGTC	AAG	AAGN	Amer. Eagles
Fire House	Flying High	HUGS	Cary	Flying High	Gym Shop
KIAGA	Lakeshore	Lakeshore MP	IGM	NW Turners	Oak Park
SGA	Trinity		Rise Up	SGA	Ultimate
			Wilmette	USGTC	

Saturday, December 17th



Session 3 Women

Gym A – Level Xcel Gold			Gym B – Levels 6/7		
9:00 AM	Doors Open		9:00 AM	Doors Open	
9:30 - 9:50	Open Stretch		9:30 - 9:50	Open Stretch	
9:50 - 10:00	March-In		9:50 - 10:00	March-In	
10:00 - 1:00	Warm-up/Competition		10:00 - 1:00	Warm-up/Competition	
AAGN	Cary	Gym Shop	AAG L7	Amer. Eagles L6	Epic L6/7
Gym Stars	IK	SGA	Gym Shop L6/7	Gym Factory L6/7	
			IGM L6/7	Infinite L6	MGA L6/7
			MWTwisters L6/7	Next Level L7	
			NW Turners L6	Rise Up L6/7	
			Ultimate L6	USGTC L6/7	Wilmette L6

Session 4 Women

Gym A – Level 8			Gym B – Level 5 & Xcel Gold		
1:00 PM	Doors Open		1:00 PM	Doors Open	
1:20 - 1:40	Open Stretch		1:20 - 1:40	Open Stretch	
1:40 - 1:50	March-In		1:40 - 1:50	March-In	
1:50 - 4:45	Warm-up/Competition		1:50 - 4:45	Warm-up/Competition	
AAG	Action	CLGTC	AAG L5	Bartlett L5	Cary L5
Flying High	Gym Factory	IGM	Corkscrew L5	Epic L5/XG	IGM L5/XG
Infinite	KIAGA		Fire House L5/XG	Flying High L5	
Lakeshore MP	MGA	Next Level	Lakeshore MP L5	Oak Park L5/XG	
PGC	Rise Up		PGC L5	Rise Up L5	ROGA XG
SGA	Synergy	Ultimate	SGA L5	Trinity L5	
			Ultimate L5	Wilmette L5/XG	

Session 5 Women

Gym A – Levels 9/10 & Xcel Diamond			Gym B – Level Xcel Platinum & Gold		
5:00 PM	Doors Open		5:00 PM	Doors Open	
5:20 - 5:40	Open Stretch		5:20 - 5:40	Open Stretch	
5:40 - 5:50	March-In		5:40 - 5:50	March-In	
5:50 - 9:00	Warm-up/Competition		5:50 - 9:00	Warm-up/Competition	
AAG	Action	CLGTC	AAGN	Amer. Eagles	Epic
Flying High	Gym Shop	Gym Stars	Gym Stars	HUGS XG	IGM
IGM	IK	PGC	IK	NW Turners XG	
Lakeshore MP	MWTwisters	SGA	Prairie XG	Ultimate XG	Wilmette
Synergy	Ultimate	USGTC			



Sunday, December 18th

Session 6 Women

Gym A – Level 4			Gym B Level Xcel Silver		
9:00 AM	Doors Open		9:00 AM	Doors Open	
9:30 - 9:50	Open Stretch		9:30 - 9:50	Open Stretch	
9:50 – 10:00	March-In		9:50 – 10:00	March-In	
10:00 - 1:00	Warm-up/Competition		10:00 - 1:00	Warm-up/Competition	
AAGN	Bartlett	Cary	Amer. Eagles	Cary	Epic
Corkscrew	Epic	Fire House	Fire House	Gym Shop	
Flying High	Gym Factory	HUGS	Gym Stars	IGM	MWTwisters
KIAGA	Lakeshore	Oak Park	ROGA	SGA	
Prairie	Rise Up	Trinity			

Session 7 Women

Gym A –Level Xcel Bronze			Gym B – Level 4		
1:00 PM	Doors Open		1:00 PM	Doors Open	
1:20 - 1:40	Open Stretch		1:20 - 1:40	Open Stretch	
1:40 – 1:50	March-In		1:40 – 1:50	March-In	
1:50 - 4:30	Warm-up/Competition		1:50 - 4:30	Warm-up/Competition	
Gym Stars	HUGS	IGM	AAG	Amer. Eagles	Gym Shop
Oak Park	Prairie	ROGA	IGM	Lakeshore MP	
			MWTwisters	Next Level	SGA
			Ultimate	USGTC	Wilmette