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Friday, January 27, 2023 Level 7	#	Session: P01 Gymnasts 49	Open Warmup 12:00 PM Timed Warmup 12:20 PM		ch In 12:20 PM ards 2:15 PM
	3 gymnasts	s) ———	— Flight B (26 gymnasts) —		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
AEG	7	3	BGA	7	6
Dubuque All Around	7	2	M and M Gymnastics	7	15
Lafleurs	7	6	Royalty	7	1
Midwest Twisters	7	2	WCGC	7	4
SAGA	7	3			
The Gymnastics Zone	7	1			
Twisters-IA	7	6			

Friday, January 27, 2023 Level 8	#	Session: P02 Gymnasts 46	Open Warmup 3:00 PM Timed Warmup 3:20 PM		
———— Flight A (24 gymnasts)			(22 gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
BGA	8	7	Lafleurs	8	9
Dubuque All Around	8	3	M and M Gymnastics	8	5
Hoosier Gymnastics	8	2	Midwest Twisters	8	1
Infinite	8	3	Twisters-IA	8	7
Royalty	8	3			
SAGA	8	1			
WCGC	8	5			

Friday, January 27, 2023 Level 9 & 10	#	Session: P03 Gymnasts 33	Open Warmup 6:00 PM Timed Warmup 6:20 PM	March In 6:20 Awards 8:45	
Gym Flight A (23	3 gymnasts Level	s) ———— # Gymnasts		.0 gymnasts) Level	# Gymnasts
BGA	9	2	Dubuque All Around	9	1
Midwest Twisters	10	2	Hoosier Gymnastics	9	1
Midwest Twisters	9	3	Jump Around	9	1
Twisters-IA	10	3	M and M Gymnastics	9	6
Twisters-IA	9	10	SAGA	10	1
WCGC	10	2			
WCGC	9	1			

Saturday, January 28, 2023 Level 6		Session: P04 # Gymnasts 62	Open Warmup 8:00 AM Timed Warmup 8:20 AM		In 8:20 AM ds 10:45 AM
———— Flight A (31 Gym	gymnast: Level	s) ———— # Gymnasts		1 gymnasts) Level	# Gymnasts
Lafleurs	6	15	AEG	6	2
M and M Gymnastics	6	16	BGA	6	4
•			Infinite	6	8
			Kroc Gymnastics	6	2
			Midwest Twisters	6	2
			Royalty	6	5
			SAGA	6	4
			Twisters-IA	6	4

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Saturday, January 28, 2023 Level 4	7	Session: P05 # Gymnasts 85	Open Warmup 11:30 AM Timed Warmup 11:45 AM		h In 11:45 AM ards 2:15 PM
			———— Flight B (40	6 gymnasts) ———
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
CLGTC	4	14	AEG	4	2
Kroc Gymnastics	4	1	M and M Gymnastics	4	25
Midwest Twisters	4	20	Royalty	4	10
Twisters-IA	4	4	SAGA	4	5
			The Gymnastics Zone	4	4
Saturday, January 28, 2023 Level 3 & 5		Session: P06 # Gymnasts 76	Open Warmup 3:00 PM Timed Warmup 3:15 PM		h In 3:15 PM ards 5:45 PM
———— Flight A (37 (nvmnast	s) 		avmnasts	· ———
Gym	Level	# Gymnasts	Gym	Level	, # Gymnasts
M and M Gymnastics	3	18	l AEG	3	4
M and M Gymnastics	5	5	CLGTC	3	12
Royalty	3	8	CLGTC	5	7
Royalty	5	6	Kroc Gymnastics	3	5
, ,			Kroc Gymnastics	5	2
			SAGA	5	3
			The Gymnastics Zone	3	3
			Twisters-IA	3	3
Saturday, January 28, 2023 Session: P07 Super Team 4-10 # Gymnasts 0		Open Warmup 6:30 PM Timed Warmup 6:45 PM		h In 6:45 PM ards 9:30 PM	
Flight A (0 g		•	•	gymnasts)	
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Saturday, January 28, 2023 Xcel Gold	4	Session: T04 # Gymnasts 87	Open Warmup 8:00 AM Timed Warmup 8:15 AM		h In 8:15 AM ards 10:45 AM

Saturday, January 28, 2023 Xcel Gold & Diamond		Session: T05 # Gymnasts 71	Open Warmup 11:30 AM Timed Warmup 11:45 AM		n In 11:45 AM ords 2:15 PM	
———— Flight A (35 g	gymnast	ts) ———	———— Flight B (36	5 gymnasts)	ts) ———	
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	
Capital Gymnastics	XG	14	AEG	XG	1	
Flips Gymnastics MN	XD	2	Dubuque All Around	XD	9	
Infinite	XG	5	Flips (Michigan)	XG	1	
MWT - OC	XD	3	Hoosier Gymnastics	XG	8	
MWT - OC	XG	4	Jump Around	XD	4	
NSYMCA	XG	1	LCT	XD	1	
The Gymnastics Zone	XG	4	Salto	XD	5	
WCGC	XD	2	Wautoma Gymnastics	XD	1	
			Wautoma Gymnastics	XG	6	
Saturday, January 28, 2023 Xcel Silver		Session: T06 # Gymnasts 87	Open Warmup 3:00 PM Timed Warmup 3:15 PM		n In 3:15 PM ards 5:45 PM	
———— Flight A (42 g	uvmnasi	ts) ———	———— Flight B (45	5 avmnasts`		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	
ATM	XS	1	AEG	XS	4	
Dubuque All Around	XS	5	BGA	XS	29	
Hoosier Gymnastics	XS	6	Capital Gymnastics	XS	5	
Jump Around	XS	17	Flips (Michigan)	XS	4	
Lafleurs	XS	11	Wautoma Gymnastics	XS	3	
LCT	XS	1	,			
NSYMCA	XS	1				
Saturday, January 28, 2023 Super Team Xcel		Session: T07 # Gymnasts 0	Open Warmup 6:30 PM Timed Warmup 6:45 PM		n In 6:45 PM ords 9:30 PM	
———— Flight A (0 g	ymnast	s) ———	———— Flight B (0	gymnasts)		
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	
Sunday, January 29, 2023 Xcel Silver		Session: T08 # Gymnasts 86	Open Warmup 8:00 AM Timed Warmup 8:15 AM		n In 8:15 AM ords 10:45 AM	
———— Flight A (42 g	gymnasi	ts) ———	———— Flight B (44	l gymnasts)	—	
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	
BGA	XS	19	BGA	XS	9	
M and M Gymnastics	XS	23	Infinite	XS	4	
,	-	-	LCT	XS	12	
			Midwest Twisters	XS	7	
			Salto	XS	12	

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Sunday, January 29, 2023 Xcel Platinum		Session: T09 Gymnasts 69	Open Warmup 11:30 AM Timed Warmup 11:45 AM		ch In 11:45 AM ards 2:15 PM	
———— Flight A (34 gymnasts) ————			———— Flight B (35 gymnasts) ————			
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	
AEG	XP	4	Dubuque All Around	XP	9	
BGA	XP	9	Flips Gymnastics MN	XP	3	
Infinite	XP	4	Jump Around	XP	6	
Lafleurs	XP	3	LCT	XP	2	
NSYMCA	XP	2	M and M Gymnastics	XP	3	
The Gymnastics Zone	XP	6	MWT - OC	XP	6	
Wautoma Gymnastics	XP	1	Salto	XP	6	
WCGC	XP	5				

Sunday, January 29, 2023 Xcel Bronze & L2	#	Session: T10 Gymnasts 56	Open Warmup 3:00 PM Timed Warmup 3:15 PM		
	26 gymnasts) ————— Flight B (30 gymnasts			s) ———	
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Capital Gymnastics	XB	4	Jump Around	XB	13
Dubuque All Around	XB	7	M and M Gymnastics	2	10
Infinite	XB	8	Salto	XB	7
NSYMCA	XB	3			
Wautoma Gymnastics	XB	4			