

# West Michigan Inv

## Session: Xcel Gold

January 10, 2025

- 76 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 8:00 AM March In: 8:20 AM

Timed Warm-ups: 8:40 AM Awards: 11:40 AM

SQUAD A / Vault (7) XG	SQUAD B / Bars (9) XG	SQUAD C / Beam (12) XG	SQUAD D / Floor (8) XG
Empowered Athletics (7)	NorthStar (9)	For the Kidz (12)	Infinity (8)
----- Flight B -----			
SQUAD A / Vault (12) XG	SQUAD B / Bars (12) XG	SQUAD C / Beam (7) XG	SQUAD D / Floor (9) XG
LSE (12)	FIT Gymnastics (12)	Empowered Athletics (7)	NorthStar (9)

# West Michigan Inv

## Session: Xcel Platinum & Diamond

January 10, 2025

- 66 gymnasts
- Modified Capitol Cup Format
- Schedule

Open Stretch: 12:00 PM March In: 12:20 PM

Timed Warm-ups: 12:40 PM Awards: 4:04 PM

SQUAD A / Vault (8) XD (1), XP (7)	SQUAD B / Bars (8) XD (2), XP (6)	SQUAD C / Beam (9) XP	SQUAD D / Floor (9) XP
MMG (8) XD: 1, XP: 7	CTC (4) XD: 1, XP: 3 LSE (4) XD: 1, XP: 3	NorthStar (9)	For the Kidz (7) GONYONS (2)
----- Flight B -----			
SQUAD A / Vault (7) XD (4), XP (3)	SQUAD B / Bars (8) XD (2), XP (6)	SQUAD C / Beam (10) XP	SQUAD D / Floor (7) XP
Flipside Gymnastics (3) XP: 3 NorthStar (4) XD: 4	Infinity (6) XP: 6 FIT Gymnastics (2) XD: 2	Flipkins (10)	ATA (2) NorthPointe Gym (5)

# West Michigan Inv

## Session: Level 6-9

January 10, 2025

- 59 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 4:30 PM March In: 4:50 PM  
Timed Warm-ups: 5:10 PM Awards: 8:36 PM

### SQUAD A / Vault (9)

L7 (5), L8 (3), L9 (1)

### SQUAD B / Bars (10)

L6 (6), L7 (2), L8 (1), L9 (1)

### SQUAD C / Beam (9)

L6 (5), L7 (4)

### SQUAD D / Floor (7)

L6 (4), L7 (2), L8 (1)

### Flipside Gymnastics (9)

L7: 5, L8: 3, L9: 1

### GymTactics (10)

L6: 6, L7: 2, L8: 1, L9: 1

### KGI (9)

L6: 5, L7: 4

### NorthPointe Gym (7)

L6: 4, L7: 2, L8: 1

----- Flight B -----

### SQUAD A / Vault (11)

L6 (6), L7 (4), L8 (1)

### SQUAD B / Bars (5)

L7

### SQUAD C / Beam (8)

L6

### SQUAD D / Floor (0)

### Water's Edge (11)

L6: 6, L7: 4, L8: 1

### FIT Gymnastics (5)

### Flipside Gymnastics (8)

# West Michigan Inv

## Session: Xcel Bronze

January 11, 2025

- 61 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 8:00 AM March In: 8:20 AM  
Timed Warm-ups: 8:40 AM Awards: 9:56 AM

### SQUAD A / Vault (8)

XB

### SQUAD B / Bars (8)

XB

### SQUAD C / Beam (8)

XB

### SQUAD D / Floor (9)

XB

### ATA (8)

### For the Kidz (8)

### CTC (8)

### LSE (9)

----- Flight B -----

### SQUAD A / Vault (5)

XB

### SQUAD B / Bars (7)

XB

### SQUAD C / Beam (9)

XB

### SQUAD D / Floor (7)

XB

### NorthPointe Gym (5)

### TCFYMCA (7)

### Empowered Athletics (9)

ATA (4)  
For the Kidz (3)

# West Michigan Inv

## Session: Level 3

January 11, 2025

- 74 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 10:30 AM    March In: 10:50 AM  
Timed Warm-ups: 11:00 AM Awards: 1:35 PM

SQUAD A / Vault (8) L3	SQUAD B / Bars (8) L3	SQUAD C / Beam (10) L3	SQUAD D / Floor (10) L3
KGI (8)	MMG (8)	Water's Edge (10)	Flipside Gymnastics (10)
----- Flight B -----			
SQUAD A / Vault (13) L3	SQUAD B / Bars (9) L3	SQUAD C / Beam (8) L3	SQUAD D / Floor (8) L3
GymTactics (13)	Flipside Gymnastics (4) Water's Edge (5)	KGI (8)	MMG (8)

# West Michigan Inv

## Session: Level 4, 5

January 11, 2025

- 47 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 2:00 PM    March In: 2:20 PM  
Timed Warm-ups: 2:45PM Awards: 4:40 PM

SQUAD A / Vault (5) L4	SQUAD B / Bars (5) L4	SQUAD C / Beam (7) L4	SQUAD D / Floor (7) L4
Flipside Gymnastics (5)	KGI (5)	MMG (7)	GymTactics (7)
----- Flight B -----			
SQUAD A / Vault (7) L4 (4), L5 (3)	SQUAD B / Bars (6) L4	SQUAD C / Beam (5) L4	SQUAD D / Floor (5) L4
MMG (7) L4: 4, L5: 3	Water's Edge (6)	Flipside Gymnastics (5)	KGI (5)

**West Michigan Inv**  
**Session: Xcel Gold 2**

- 72 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 5:00 PM    March In: 5:20 PM  
 Timed Warm-ups: 5:40PM Awards: 8:20PM

January 11, 2025

SQUAD A / Vault (9) XG	SQUAD B / Bars (9) XG	SQUAD C / Beam (9) XG	SQUAD D / Floor (9) XG
KGI (9)	Flipkins (9)	NorthPointe Gym (9)	GymTactics (1) TCFYMCA (8)
----- Flight B -----			
SQUAD A / Vault (9) XG	SQUAD B / Bars (9) XG	SQUAD C / Beam (9) XG	SQUAD D / Floor (9) XG
GONYONS (6) NorthPointe Gym (3)	ATA (6) CTC (3)	Flipside Gymnastics (6) KGI (3)	MMG (4) Flipkins (5)

**West Michigan Inv**  
**Session: Xcel Silver**

- 61 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 8:00 AM    March In: 8:20 AM  
 Timed Warm-ups: 8:40 AM Awards: 10:28 AM

January 12, 2025

SQUAD A / Vault (8) XS	SQUAD B / Bars (7) XS	SQUAD C / Beam (6) XS	SQUAD D / Floor (8) XS
CTC (5) GymTactics (3)	NorthPointe Gym (7)	ATA (6)	Flipside Gymnastics (8)
----- Flight B -----			
SQUAD A / Vault (7) XS	SQUAD B / Bars (9) XS	SQUAD C / Beam (9) XS	SQUAD D / Floor (7) XS
ATA (7)	Infinity (9)	TCFYMCA (9)	NorthPointe Gym (7)

# West Michigan Inv

## Session: Xcel Silver 2

- 69 gymnasts
  - *Modified Capitol Cup Format*
  - Schedule
- Open Stretch: 11:00 AM    March In: 11:20 AM  
 Timed Warm-ups: 11:40 AM Awards: 2:19PM

January 12, 2025

<b>SQUAD A / Vault (7)</b> XS  LSE (7)	<b>SQUAD B / Bars (7)</b> XS  Flipkins (7)	<b>SQUAD C / Beam (13)</b> XS  NorthStar (13)	<b>SQUAD D / Floor (8)</b> XS  For the Kidz (8)
----- Flight B -----			
<b>SQUAD A / Vault (12)</b> XS  FIT Gymnastics (12)	<b>SQUAD B / Bars (7)</b> XS  For the Kidz (7)	<b>SQUAD C / Beam (8)</b> XS  LSE (8)	<b>SQUAD D / Floor (7)</b> XS  Flipkins (7)

# West Michigan Inv

## Session: Fun

- 73 gymnasts
  - *Modified Capitol Cup Format*
  - Schedule
- Open Stretch: 2:45 PM    March In: 3:05 PM  
 Timed Warm-ups: 3:25 PM Awards: 4:55 PM

January 12, 2025

<b>SQUAD A / Vault (9)</b> L1  GR Gymnastics (9)	<b>SQUAD B / Bars (11)</b> L1  For the Kidz (11)	<b>SQUAD C / Beam (13)</b> L1  MMG (13)	<b>SQUAD D / Floor (9)</b> L1  Infinity (9)
----- Flight B -----			
<b>SQUAD A / Vault (12)</b> L1  MMG (12)	<b>SQUAD B / Bars (10)</b> L1  Infinity (10)	<b>SQUAD C / Beam (9)</b> L1  GR Gymnastics (9)	<b>SQUAD D / Floor (0)</b>

# West Michigan Inv

## Session: Fun 2

January 12, 2025

- 63 gymnasts
  - Modified Capitol Cup Format
  - Schedule
- Open Stretch: 5:15 PM    March In: 5:35 PM  
Timed Warm-ups: 5:55PM Awards: 7:20 PM

SQUAD A / Vault (10) L1 (7), L2 (3)	SQUAD B / Bars (11) L1	SQUAD C / Beam (8) L1	SQUAD D / Floor (11) L1
Flipside Gymnastics (10) L1: 7, L2: 3	Empowered Athletics (11)	Off Season (8)	NorthPointe Gym (11)
----- Flight B -----			
SQUAD A / Vault (7) L1	SQUAD B / Bars (7) L1	SQUAD C / Beam (9) L2	SQUAD D / Floor (0)
Off Season (7)	CTC (7)	Flipside Gymnastics (9)	