2022 Sand Dollar/Whitlow Invitational Schedule

Note: No open workout Thursday

| Friday, January 21, 2022 | Saturday, January 22, 2022 | Sunday, January 23, 2022 |
|----------------------------------|----------------------------------|----------------------------------|
| Session 3 – Gold Gym C | Session 6 – Level 8 Gym B | Session 9 – Platinum Gym A |
| 2:00 PM: General Stretch | 11:15 AM: General Stretch | 8:00 AM: General Stretch |
| 2:20 PM: Timed Warms/Competition | 11:35 AM: Timed Warm/Competition | 8:20 AM: Timed Warm/Competition |
| 5:00 PM: Awards | 2:45 PM: Awards | 11:00 AM: Awards |
| Session 4 – Level 6 Gym B | Session 7 – Level 10 Gym A | Session 10 – Level 7 Gym B |
| 5:45 PM: General Stretch | 3:00 PM: General Stretch | 11:15 AM: General Stretch |
| 6:05 PM: Timed Warms/Competition | 3:20 PM: Timed Warm/Competition | 11:35 AM: Timed Warm/Competition |
| 9:00 PM: Awards | 6:30 PM: Awards | 2:30 PM: Awards |
| | Session 10 – Silver Gym C | |
| | 7:30 PM: General Stretch | |
| | 7:50 PM: Timed Warm/Competition | |
| | 9:30 PM: Awards | |
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LOCATION Hyatt Regency Orlando 9801 International Drive Orlando, FL 32819

All other information is on our team webpage regarding this meet.