

2021 Paragon Invite

Rotation Schedule

May 1-2, 2021

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Saturday, May 1, 2021

Session: 1

-- LV 3, LV6-8

Open Stretch 1:30 PM
Timed Warmup 1:45 PM

Competition 2:00 PM
Awards 3:15 PM

Gymnasts: 27

Flight: A - 27			
 <u>8</u> PGA - 8	 <u>8</u> Paragon, VA - 8	 <u>2</u> Paragon, VA - 2	 <u>9</u> Paragon, VA - 9
Flight: B - 0			
 <u>0</u>	 <u>0</u>	 <u>0</u>	 <u>0</u>

Saturday, May 1, 2021

Session: 2

-- XB

Open Stretch 4:15 PM
Timed Warmup 4:30 PM

Competition 4:45 PM
Awards 7:15 PM

Gymnasts: 58

Flight: A - 29			
 <u>6</u> Woods - 6	 <u>9</u> Paragon, VA - 9	 <u>6</u> PGA - 6	 <u>8</u> GMS - 8
Flight: B - 29			
 <u>6</u> PGA - 6	 <u>9</u> Paragon, VA - 9	 <u>5</u> Woods - 5	 <u>9</u> Paragon, VA - 9

Sunday, May 2, 2021

Session: 3

-- XS

Open Stretch 8:00 AM
Timed Warmup 8:15 AM

Competition 8:30 AM
Awards 10:00 AM

Gymnasts: 56

Flight: A - 31			
 <u>10</u> Woods - 10	 <u>6</u> Paragon, VA - 6	 <u>9</u> GMS - 9	 <u>6</u> Capital Gymnastics - 6
Flight: B - 25			
 <u>8</u> GMS - 8	 <u>4</u> PGA - 4	 <u>6</u> Capital Gymnastics - 6	 <u>7</u> Paragon, VA - 7

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Sunday, May 2, 2021

Session: 4 -- XP/XD

Open Stretch 11:00 AM
Timed Warmup 11:15 AM

Competition 11:35 AM
Awards 1:45 PM

Gymnasts: 57

Flight: A - 31			
 <u>10</u> Capital Gymnastics - 10	 <u>6</u> Woods - 6	 <u>9</u> Capital Gymnastics - 9	 <u>6</u> GMS - 6
Flight: B - 26			
 <u>8</u> Paragon, VA - 8	 <u>6</u> Paragon, VA - 6	 <u>7</u> Capital Gymnastics - 7	 <u>5</u> Elite Athletics - 1 Paragon, VA - 4

Sunday, May 2, 2021

Session: 5 -- XG

Open Stretch 2:35 PM
Timed Warmup 2:50 PM

Competition 3:05 PM
Awards 5:00 PM

Gymnasts: 46

Flight: A - 26			
 <u>8</u> Paragon, VA - 8	 <u>3</u> PGA - 3	 <u>7</u> Capital Gymnastics - 7	 <u>8</u> Woods - 8
Flight: B - 20			
 <u>6</u> Capital Gymnastics - 6	 <u>6</u> GMS - 6	 <u>4</u> Elite Athletics - 4	 <u>4</u> PGA - 4