

# Greetings from CALIFORNIA

## California Grand Invitational

Anaheim Convention Center



FRIDAY JANUARY 27, 2023			SATURDAY JANUARY 28, 2023			SUNDAY JANUARY 29, 2023		
Open Stretch	Huntington Gym	Newport Gym	Open Stretch	Huntington Gym	Newport Gym	Open Stretch	Huntington Gym	Newport Gym
8:00 am	Level 7 Level 8	Level 8	8:00 am	Level 7 Xcel Platinum	Level 7	8:00 am	Xcel Gold	Level 4
11:30 am	Level 6	Level 9	11:30 am	Xcel Gold	Level 6	11:30 am	Xcel Bronze	Level 3
3:00 pm	Level 8	Level 10	3:00 pm	Xcel Platinum	Level 3 Level 5	3:00 pm	Xcel Bronze	Level 2 Xcel Bronze
6:30 pm	Level 7 Xcel Diamond	Level 9 Level 10	6:30 pm	Xcel Gold	Level 4 Level 6	6:30 pm	Xcel Silver	Xcel Silver

Teams should arrive 30 minutes in advance. Sessions may begin early if time allows.

### SPONSORS:



SANCTIONED EVENT

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### TICKET INFORMATION

Event tickets will be sold at the entrance to the meet pavilion and is priced as follows:

Day Pass: \$ 25.00 (Adult 16+)  
 \$ 15.00 (Senior 65+ and children 5 - 15)  
 Weekend Pass: \$ 55.00

Cash and cards accepted. Tickets available for purchase at the door.

### CALIFORNIA GRAND PRO SHOP

GK Elite Sportswear and California Grand Pro Shop will be open to purchase leotards, event merchandise and commemorative sweatshirts, shirts and more!

### FRIDAY NIGHT LEVEL 10 SUPER SESSIONS

**Date:** Friday, January 27, 2023

**Start Time:** 3:00 pm and 6:30 pm (Newport Gym)

Come cheer on some of the best athletes in the nation at our Level 10 Super Sessions. Registered gymnasts can enter any session for FREE with their credentials - so check in early to the meet for a weekend of fun!

#### Competing this year includes:

#### **3:00 pm : Session 3N**

Austin Elite (TX)  
 Broadway Gym (CA)  
 Coastal Gym (CA)  
 Flight School (CA)  
 Gold Medal (AZ)  
 Incline Gym (CO)  
 Mission Valley (CA)  
 Olympic Gym (WA)  
 TRC South (CA)  
 Team Ontario (Canada)

#### **6:30 pm : Session 4N**

Advantage Gym (WA)  
 Black Diamond SJ (UT)  
 Cascade Elite (WA)  
 Delani Gym (AK)  
 KIN Gym (Canada)  
 Majestic Gym (CA)  
 North Valley (AZ)  
 Ortona Gym (Canada)  
 Royal Gym (CA)  
 SOKOL Elite (CA)

### GYMNAST & COACHES CHECK-IN

All Coaches and Registered gymnasts must check in at the meet entrance.

All coaches attending the California Grand Invitational must be pre-registered through USA Gymnastics. To update your club coach roster, please email your updates to us at: [chandler@goldmedalgym.com](mailto:chandler@goldmedalgym.com). Be sure to note your gym name and coaches details. Coaches not cleared through USA Gymnastics will not be allowed on the competition floor.

### AWARDS CEREMONIES

Awards will be handed out at the completion of each session. Please follow signs to awards area.

There will be places throughout the venue for team pictures to be taken outside the awards area for those who need extra time to preserve those winning moments.

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# California Grand Invitational Anaheim, CA



## 2023 California Grand Session Summary

### FRIDAY, JANUARY 27, 2023

#### SESSION 1 OPEN STRETCH: 8:00 AM

##### HUNTINGTON GYM : LEVEL 7 / LEVEL 8 (Levels will be on separate flights)

(Level 7) : Advantage (ID), Advantage (WA), Club Champion (CA), Flip City (BC), Galaxy Sports (CA), Gym-Max (CA), Miyagi Gym (CA), Monterey Bay (CA), North Valley (AZ), Ortona Gym (ALB), The Gym-Nest (OR)

(Level 8) : Advanced (ID), Austin Elite (TX), Bay Island (CA), Black Diamond SJ (UT), Go For It (NV), Mission Valley (CA), TRC South (CA)

##### NEWPORT GYM : LEVEL 8

(Level 8) : Aurelian (CA), Broadway (CA), California (CA), Cascade Elite (CA), Coastal (CA), Flight School (CA), Gold Medal (AZ), Incline (CO), Olympic (WA), Peak Elite (OR), Precision Elite (OR), Team Ontario (ONT)

#### SESSION 2 OPEN STRETCH: 11:30 AM

##### HUNTINGTON GYM : LEVEL 6

(Level 6) : Advantage (WA), Aurelian (CA), Austin Elite (TX), Bay Island (CA), Club Champion (CA), Flip City (BC), Go For It (NV), Gym-Max (CA), Gymnastics East (WA), Miyagi Gym (CA), Monterey Bay (CA), North Valley (AZ), Ortona Gym (ALB), The Gym-Nest (OR), TRC South (CA)

##### NEWPORT GYM : LEVEL 9

(Level 9) : Advanced (ID), Black Diamond SJ (UT), Broadway (CA), California (CA), Coastal (CA), Flight School (CA), Galaxy Sports (CA), Gold Medal (AZ), Incline (CO), Island Tumblers (HI), Mission Valley (CA), Olympic (WA), Peak Elite (OR), Precision Elite (OR), Team Ontario (ONT)

#### SESSION 3 OPEN STRETCH: 3:00 PM

##### HUNTINGTON GYM : LEVEL 8

(Level 8) : Advantage (WA), Club Champion (CA), Flip City (BC), Galaxy Sports (CA), Gym-Max (CA), HW Regionettes (ONT), Island Tumblers (HI), Kinetic Gym (CO), Klamath Gym (OR), Majestic Gym (CA), North Valley (AZ), Ortona Gym (ALB), Pacific Coast (CA), Regal Gym (VT), Royal Gym (CA), Savage Elite (CA), SOKOL Elite (CA), The Gym-Nest (OR)

##### NEWPORT GYM : LEVEL 10

(Level 10) : Austin Elite (TX), Broadway (CA), Coastal (CA), Flight School (CA), Gold Medal (AZ), Incline (CO), Mission Valley (CA), Olympic (WA), Team Ontario (ONT), TRC South (CA)

#### SESSION 4 OPEN STRETCH: 6:30 PM

##### HUNTINGTON GYM : XCEL DIAMOND / LEVEL 7 (Levels will be combined when possible)

(Xcel Diamond) : Advanced (ID), Aurelian (CA), Broadway (CA), California (CA), Club Champion (CA), Coastal (CA), Flight School (CA), Gold Medal (AZ), Gymnastics East (WA), Ketchikan (AK), Mission Valley (CA), Olympic (WA), Peak Elite (OR), TRC South (CA)

(Level 7) : Flight School (CA), HW Regionettes (ONT), Savage Elite (CA), TRC South (CA)

##### NEWPORT GYM : LEVEL 9 / LEVEL 10 (Levels will be combined when possible)

(Level 9) : Advantage (WA), Austin Elite (TX), Bay Island (CA), Cascade Elite (WA), Denali Gym (AK), Gym-Max (CA), Klamath (OR), Majestic (CA), North Valley (AZ), Ortona (ALB), Pacific Coast (CA), Regal Gym (VT), Royal Gym (CA), SOKOL Elite (CA), The Gym-Nest (OR)

(Level 10) : Advantage (WA), Black Diamond SJ (UT), Cascade Elite (WA), Denali Gym (AK), KIN Gym (ALB), Majestic (CA), North Valley (AZ), Ortona (ALB), Royal Gym (CA), SOKOL Elite (CO)



# California Grand Invitational Anaheim, CA



## 2023 California Grand Session Summary

### SATURDAY, JANUARY 28, 2023

#### SESSION 5 OPEN STRETCH: 8:00 AM

##### HUNTINGTON GYM : LEVEL 7 / XCEL PLATINUM (Levels will be combined when possible)

**(Level 7)** : California Gym (CA), Cascade Elite (WA), Go For It USA (NV), Gym 406 (MT) Island Tumblers (HI), Kinetic Gym (CO), Klamath Gym (OR) Mission Valley (CA), Ojai Valley (CA), Pacific Coast (CA), Peak Elite (OR)

**(Xcel Platinum)** : Aurelian Gym (CA), California Gym (CA), Club Champion (CA), Denali Gym (AK), Extreme Gym (MI), Flight School (CA), Go For It USA (NV), Gymnastics East (WA), Kinetic Gym (CO), Kitmat Dynamics (BC), Mission Valley (CA), North Valley (AZ), Peak Elite (OR) Regal Gym (VT), Savage Elite (CA), TRC South (CA)

##### NEWPORT GYM : LEVEL 7

**(Level 7)** : Austin Elite (TX), Bay Island (CA), Black Diamond SJ (UT), Broadway Gym (CA), Coastal Gym (CA), Gold Medal (AZ), Incline Gym (CO) KIN Gym (ALB), Majestic Gym (CA), Olympic Gym (WA), Regal Gym (VT), Royal Gym (CA), SOKOL Elite (CA), Team Ontario (ONT)

#### SESSION 6 OPEN STRETCH: 11:30 AM

##### HUNTINGTON GYM : XCEL GOLD

**(Xcel Gold)** : Advanced Gym (ID), Advantage (WA), All American (WA), Broadway (CA), Extreme Gym (MI), Go For It (NV), Gymnastics East (WA), Kinetic Gym (CO), Next Level (CA), Ojai Valley (CA), Olympic Gym (WA), TRC South (CA), WEN Gym (CA)

##### NEWPORT GYM : LEVEL 6

**(Level 6)** : Black Diamond SJ (UT), Cascade Elite (WA), Coastal (CA), Gold Medal (AZ), Gym 406 (MT), KIN Gym (ALB), Majestic Gym (CA), Mission Valley (CA), Pacific Coast (CA), Regal Gym (VT), Team Ontario (ONT)

#### SESSION 7 OPEN STRETCH: 3:00 PM

##### HUNTINGTON GYM : XCEL PLATINUM

**(Xcel Platinum)** : Advantage Gym (WA), All American (WA), Black Diamond SJ (UT), Broadway Gym (CA), Coastal (CA), Gold Medal (AZ), Gym 406 (MT), Gym Olympica (CA), Island Tumblers (HI), Ketchikan Gym (AK), Lyons Gym (CA), Next Level (CA), Olympic Gym (WA), Pacific Coast (CA), WEN Gym (CA)

##### NEWPORT GYM : LEVEL 3 / LEVEL 5 (Levels will be an separate flights)

**(Level 3)** : Advanced (ID), North Valley (AZ), Ojai Valley (CA), TRC South (CA), Wainwright Gym (ALB)

**(Level 5)** : Austin Elite (TX), Club Champion (CA), Coastal (CA), Denali Gym (AK), Go For It (NV), Gold Medal (AZ), Gym Academy (IL), Gymnastics East (WA), High Flyers (ONT), Majestic Gym (CA), Ortona Gym (ALB), Regal Gym (VT), Savage Elite (CA), SOKOL Elite (CA)

#### SESSION 8 OPEN STRETCH: 6:30 PM

##### HUNTINGTON GYM : XCEL GOLD

**(Xcel Gold)** : Black Diamond SJ (UT), Club Champion (CA), Flip 2 It (CA), Gym Olympica (CA), Island Tumblers (HI), Ketchikan (AK), Lyons Gym (CA) Majestic Gym (CA), Mission Valley (CA), Pacific Coast (CA), Peak Elite (OR), Regal Gym (VT), Savage Elite (CA), Wainwright (ALB), Yelm Gym (WA)

##### NEWPORT GYM : LEVEL 4 / LEVEL 6 (levels will be on separate flights)

**(Level 4)** : Advantage Gym (WA), Coastal (CA), Gym Academy (IL), Gymnastics East (WA), North Valley (AZ), Ortona Gym (ALB), TRC South (CA)

**(Level 6)** : Advanced (ID), Broadway (CA), California (CA), Delani (AK), High Flyers (CO), Kinetic (CO), Olympic (WA), Precision Elite (OR), SOKOL Elite (CA)



# California Grand Invitational Anaheim, CA



## 2023 California Grand Session Summary

### SUNDAY, JANUARY 29, 2023

#### SESSION 9 OPEN STRETCH: 8:00 AM

##### HUNTINGTON GYM : XCEL GOLD

(Xcel Gold) : California (CA), Coastal (CA), Gold Medal (AZ), Kitmat Dynamic (BC), North Valley (AZ), Ortona Gym (ALB), TRC Gym (CA)

##### NEWPORT GYM : LEVEL 4

(Level 4) : Advanced Gym (ID), Austin Elite (TX), Club Champion (CA), Denali Gym (AK), Go For It (NV), Gold Medal (AZ), KIN Gym (ALB), Majestic Gym (CA), Olympic Gym (WA), Regal Gym (VT), Savage Elite (CA), SOKOL Elite (CA)

#### SESSION 10 OPEN STRETCH: 11:30 AM

##### HUNTINGTON GYM : XCEL BRONZE

(Xcel Bronze) : Advanced Gym (ID), California Gym (CA), Flip 2 It (CA), Gold Medal (AZ), Kitmat Dynamic (BC), Next Level (CA), North Valley (AZ), Pacific Coast (CA)

##### NEWPORT GYM : LEVEL 3

(Level 3) : Advantage Gym (WA), Austin Elite (TX), Club Champion (CA), Denali Gym (AK), Go For It (NV), Gold Medal (AZ), Gymnastics East (WA), Majestic Gym (CA), Olympic Gym (WA), Ortona Gym (ALB), Regal Gym (VT), SOKOL Elite (CA)

#### SESSION 11 OPEN STRETCH: 3:00 PM

##### HUNTINGTON GYM : XCEL BRONZE

(Xcel Bronze) : Club Champion (CA), Coastal (CA), Gym Olympic (CA), Imperial (CA), Island Tumblers (HI), Ketchikan Gym (AK), Lyons Gym (CA), Mission Valley (CA), Olympic Gym (WA), Peak Elite (OR), WEN Gym (CA)

##### NEWPORT GYM : LEVEL 2 / XCEL BRONZE (Levels will be an separate flights)

(Level 2) : Advantage Gym (WA), Go For It (NV), Gold Medal (AZ), High Flyers (ONT), KIN Gym (ALB), Majestic Gym (CA), North Valley (AZ), Savage Elite (CA), SOKOL Elite (CA), TRC South (CA), Wainwright Gym (ALB)

(Xcel Bronze) : Broadway Gym (CA), Majestic Gym (CA), Regal Gym (VT), TRC Gym (CA), TRC South (CA), Yelm Gym (WA)

#### SESSION 12 OPEN STRETCH: 6:30 PM

##### HUNTINGTON GYM : XCEL SILVER (Gym assignments may vary based upon at meet scratches)

(Xcel Silver) : Advanced Gym (ID), Broadway Gym (CA), California Gym (CA), Club Champion (CA), Gold Medal (AZ), Gym Olympica (CA), Gymnastics East (WA), Imperial (CA), Island Tumblers (HI), Ketchikan Gym (AK), Kitmat Dynamics (BC), North Valley (AZ), Olympic Gym (WA), Peak Elite (OR), Wainwright Gym (ALB)

##### NEWPORT GYM : XCEL SILVER (Gym assignments may vary based upon at meet scratches)

(Xcel Silver) : All American (WA), Black Diamond SJ (UT), Coastal (CA), Flight School (CA), Flip 2 It (CA), Majestic Gym (CA), Mission Valley (CA), Pacific Coast (CA), Regan Gym (VT), Savage Elite (CA), TRC Gym (CA), TRC South (CA), WEN Gym (CA), Yelm Gym (WA)



# California Grand Invitational Anaheim, CA



## 2023 California Grand Coaches Meeting

### Thank you for joining us at the 2023 California Grand Invitational!

We may NOT be holding individual coaches meetings ahead of each session. Session announcements will be made during the event. To prepare your coaching staff, parents, and gymnasts for the meet - we have outlined our coaches meeting notes below. Please share these packets or pages with your staff and parent so they are familiar with the format ahead of their arrival.

#### COACHES SIGN IN:

**ALL COACHES MUST BE PRE-REGISTERED with USA GYMNASTICS.** Coaches must check in to the meet at the entrance ahead of coming in to the venue. Only pre-registered coaches will be allowed admittance to the meet... and only coaches and athletes competing in the event will be allowed on the competition floor during your specific session. Please be prepared with a copy of your Photo ID to sign-in and pick up your credentials. Teams should arrive 30 minutes in advance. Sessions may begin early if time allows.

If you need to **ADD or REMOVE** a coach from your roster, email us at [CHANDLER@GOLDMEDALGYM.COM](mailto:CHANDLER@GOLDMEDALGYM.COM)

#### MEET DAY SCRATCHES:

Upon arrival to the head table, coaches should collect their teams' score cards and rotation schedules for the session. You will put your cards in competition order and present them to the judges at your turn to compete. At-meet scratches, should be turned in the head table prior to open warm-up. Final rotations may be adjusted if group sizes change significantly on meet day. Meet scratches can be submitted at anytime over the weekend - especially if you know your team will not be attending an entire session as planned.

#### COACHES HOSPITALITY and UNDER ARMOUR SUITE:

Food ticket will be provided to teams competing in consecutive (back to back) sessions. Coaches Hospitality areas are limited to coaches working that session. Please: no gymnasts, children or family members allowed in coaches area. See the head table for any questions or additional meal tickets for your coaches. Coaches identification and credentials will be required for entry to the UNDER ARMOUR HOSPITALITY SUITE and only open to coaches in attendance to the 2023 California Grand Invitational.

Meal Times will be offered daily as follows: COFFEE SERVICE : 7:45 am - 8:30 am

LUNCH SERVICE : 11:00 am - 12:00 pm (for coaches working the 8:00 am and 11:30 am sessions)

DINNER SERVICE : 6:00 pm - 7:00 pm (for coaches working the 3:00 pm and 6:30 pm sessions)

FOOD TRUCK TOKENS: will be available for coaches working the 11:30 am and 3:00 pm sessions  
Convention Center concessions will be available at varying times in the lobby areas.

Plan ahead: Concessions will NOT be offered inside the competition venue.

#### GYMNAST CHECK IN and GIFT:

All athletes must check in to gain access to the meet. Only registered gymnasts are allowed on the competition floor for their session. Gymnasts are encouraged to check in EARLY... and anytime during the weekend. Gymnast credentials provide entrance for any other session so they can cheer on their team. Teams must arrive 30 minutes in advance as sessions may begin early if time allows.

All gymnasts will receive a custom California Grand Invitational GK Elite Leotard. The size they receive is the size that was provided to us with your registration. IF a size was not provided or an size exchange is requested, it will be limited to over stock leotards. For at-meet scratches, COACHES are welcome to collect their gift to bring home. Sorry, we will not issue leotards to friends, mom's or mail them to gymnasts after the meet. When possible, we encourage teams to make a size swaps within your group for any sizing changes.

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# California Grand Invitational Anaheim, CA



## 2023 California Grand Invitational

### GET TO KNOW THE FACILITY:

The California Grand Invitational will be held in HALL A of the Anaheim Convention Center. Two separate gyms will be competing at the same time (HUNTINGTON and NEWPORT) with two flights planned for each gym. Equipment is labeled for A side and B side. Please make note of your teams side and equipment. Adjustment to equipment will not be allowed prior to the session.

Take note of your surroundings including exits, restrooms, hospitality areas, and such. Familiarize families and gymnasts for the best location for watching your team as well as location of restrooms, pro shop, concessions and more!

Gymnasts should arrive to the venue ready for competition. Changing rooms and space for doing hair will not be provided.

We invite you to walk around, check out the site and if you have any questions - our meet staff will be happy to help answer questions.

### OPEN STRETCH, MARCH IN, TIMED WARM-UPS and more:

Open stretch will begin and count down for each session on the large screens. 15 Minute Open Stretch will be provided for Level 2 - 5 and Xcel Bronze - Gold. Level 6 - 10, Xcel Platinum and Diamond will have an open stretch period of 20 minutes. Teams should arrive 30 minutes in advance. Sessions may begin early if time allows.

Upon completion of the open stretch, athletes will report to their first event for introductions (march in).

Timed warm-up will begin with A flight immediately following introductions as follows:

- Vault : Largest squad will determine time for each rotation
- Bars : Remember, bar settings are part of your warm-up time.
- Floor : First five warm-up then competition begins. Gymnasts will then warm-up in between routines until competition.
- Staff will be available at each event to help guide you through warm-ups including calculating your time. Except on floor, you can choose to use your time by gymnast or as a squad.

We rely on our coaches to help keep the meet running smoothly with efficient rotations from event to event. Be sure to check in with the event timer for warm-up and present your cards (in competition order) to the judges prior to competition. Upon completion of your rotation, we encourage you to immediately rotate to your next event.

Please see the head table if you need help with meet settings, equipment needs, warm-up timing, score inquiries or event questions. A trainer will be on site to help your gymnasts with their medical needs during the meet.

### AWARDS will follow each session in a separate awards area located within the meet venue.

Results will be LIVE on MeetScoresOnline.com. In the event internet connection is unreliable or unavailable during the meet, we will post scores after each session or end of day (worst case scenario).

Age divisions are created by splitting the session/level in to equal groups based upon the date of birth provided on their USAG meet reservation. If a gymnast's date of birth is incorrect, it MUST be CHANGED with USA Gymnastics PRIOR to competition begins.

### THANK YOU FOR JOINING US!

We look forward to having you join us at the 2023 California Grand Invitational. Enjoy your stay and Good Luck at the meet!

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