

# 2020 SLGC Open "Meet Me in St. Louis" Schedule

Meet Location: The Club at Chesterfield

Located in: DoubleTree Hotel & Conference Center 16625 Swingley Ridge Road, Chesterfield, MO 63017

[www.slgcmeetmeinstlouis.org](http://www.slgcmeetmeinstlouis.org)

**Saturday, January 11, 2020**

Final Schedule as of 12/16/19

## Gym 1

**Session 1 - Gym 1**  
**Open Stretch, 8:00 am**

**Xcel Bronze**

**Gyms:** Flipside, Heartland, Olympia Mid Rivers, SLGC Xcel, Springfield Gymnastics, Stacy's

**Session 2 - Gym 1**  
**Open Stretch, 11:45 am**

**Xcel Bronze**

**Gyms:** AGI, Branson, Pride of Illinois, SLGC Training Team, Xtreme

**Session 3 - Gym 1**  
**Open Stretch, 2:30 pm**

**Women's Level 5**

**Gyms:** Arrow, Barron, Dynamics, Edwardsville YMCA, Excelsation, Flip Flop, Gold Medal, GymQuarters, High Energy, Liberty, Olympia Mid Rivers, Revolution, Team Central, Tiger

**Session 4 - Gym 1**  
**Open Stretch, 5:00 pm**

**Women's Levels 9 & 10**

**Level 9 Gyms:** Amplify, Barron, Champions, Edwardsville YMCA, Excelsation, Kansas, Liberty, Mid Illinois, Midwest Twisters, Northside, Olympia Mid Rivers, Planet, Show-Me, SLGC, Springfield Gymnastics, Stacy's

**Level 10 Gyms:** Amplify, Kansas, Liberty, Midwest Twisters, Show-Me, SLGC, Stacy's

## Gym 2

**Session 1 - Gym 2**  
**Open Stretch, 8:00 am**

**Women's Level 6**

**Gyms:** Amplify, Authority, Champions, GymQuarters, High Energy, Kansas, Mid-America, Northside, Show-Me, Springfield YMCA, Tiger, Xtreme

**Session 2 - Gym 2**  
**Open Stretch, 11:30 am**

**Xcel Platinum**

**Gyms:** All American, Arrow, Authority, Bootheel, Dynamics, Excelsation, Flipside, GymQuarters, Heartland, Midwest Twisters, Olympia Mid Rivers, Phoenix, Planet, SLGC Xcel, Springfield Gymnastics, Stacy's, Top Flight, Ultimate

**Session 3 - Gym 2**  
**Open Stretch, 3:30 pm**

**Xcel Gold & Xcel Diamond**

**Xcel Gold Gyms:** All American, Amplify, Branson, Chernastics, Flipside, Midwest Twisters, Saluki

**Xcel Diamond Gyms:** Authority, Gymnastics Zone, Heartland, Mid-America, Phoenix, Planet, Show-Me, SLGC Xcel, Springfield, Top Flight, Ultimate

**Session 4 - Gym 2**  
**Open Stretch, 7:00 pm**

**Xcel Gold**

**Gyms:** Authority, Bootheel, Dynamics, Gymnastics Zone, GymQuarters, Heartland, Olympia Mid Rivers, Phoenix, Pride of Illinois, Ultimate

## Gym 3

**Session 1 - Gym 3**  
**Open Stretch, 8:00 am**

**Men's Level 5**

**Gyms:** Champions, Chow's, Dymnastics, Elite, Excelsation, JAG, Saluki, SEGA, SLGC, Springfield Gymnastics, Tiger

**Session 2 - Gym 3**  
**Open Stretch, 10:45 am**

**Men's Levels 6 & 7**

**Level 6 Gyms:** Champaign, Champions, Dynamics, GAGE, JAG, Jonesboro, Mercury, Northside, Phoenix, Saluki, SEGA, SLGC

**Level 7 Gyms:** GAGE, JAG, Mercury

**Session 3 - Gym 3**  
**Open Stretch, 2:45 pm**

**Men's Levels 8 & JD**

**Level 8 Gyms:** Champaign, Champions, Dynamics, Jonesboro, Mercury, SLGC, Tiger

**Level JD,** Champaign, Dynamics, Excelsation, GAGE, JAG, Liberty, Mercury, Phoenix, SLGC, Springfield Gymnastics, World Class

**Session 4 - Gym 3**  
**Open Stretch, 6:15 pm**

**Men's Levels 9 & 10**

**Level 9 Gyms:** Champaign, Chow's, Dynamics, Mercury, Phoenix, SLGC, Springfield Gymnastics, World Class

**Level 10 Gyms:** Arrow, Champaign, Champions, Chow's, GAGE, Liberty, Mercury, Phoenix, SLGC, World Class

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## Gym 1

Session 5 - Gym 1  
Open Stretch, 8:00 am

Women’s Level 6

Gyms: Barron, Dynamics, Edwardsville YMCA, Exceleration, Liberty, Midwest Twisters, Olympia Mid Rivers, SLGC, Stacy’s

Session 6 - Gym 1  
Open Stretch, 11:30 am

Women’s Level 7

Gyms: Amplify, Arrow, Barron, Champaign, Champions, Dynamics, Edwardsville YMCA, Exceleration, Heartland, Kansas, Liberty, Mid Illinois, Mid-America, Olympia Mid Rivers, Revolution, Show-Me, SLGC, Stacy’s, Tiger

Session 7 - Gym 1  
Open Stretch, 2:45 pm

Women’s Level 8

Gyms: AGI, Amplify, Barron, Champaign, Champions, Dynamics, Exceleration, Kansas, Liberty, Midwest Twisters, Northside, Planet, Revolution, Show-Me, SLGC, Springfield Gymnastics, Springfield YMCA, Stacy’s Ultimate

Session 8 - Gym 1  
Open Stretch, 6:30 pm

Xcel Silver

Gyms: AGI, Midwest Twisters, Olympia Mid Rivers, Planet, Stacy’s

## Sunday, January 12, 2020

### Gym 2

Session 5 - Gym 2  
Open Stretch, 8:00 am

Xcel Gold

Gyms: High Energy, Mid-America, Planet, Show-Me, SLGC Xcel, Springfield Gymnastics, Stacy’s, Xtreme

Session 6 - Gym 2  
Open Stretch, 11:15 am

Women’s Level 4

Gyms: AGI, Gold Medal, GymQuarters, Midwest Twisters, Northside, Olympia Mid Rivers, Shooting Starz, Springfield YMCA, Team Central

Session 7 - Gym 2  
Open Stretch, 3:00 pm

Xcel Silver

Gyms: Dynamics, Bootheel, Branson, GymQuarters, Heartland, High Energy, Mid-America, Pride of Illinois, SLGC Xcel

Session 8 - Gym 2  
Open Stretch, 6:45 pm

Xcel Silver

Gyms: All American, Chernastics, Flipside, Gymnastics Zone, Show-Me, Springfield Gymnastics, Top Flight, Ultimate, Xtreme

### Gym 3

Session 5 - Gym 3  
Open Stretch, 7:30 am

Men’s Unsanctioned: All Levels

Gyms: Branson Ultimate, Concordia, Heartland, Liberty, Northside, Oly Manchester, SLGC, Tiger, World Class

Session 6 - Gym 3  
Open Stretch, 10:15 am

Men’s Level 4

Gyms: AGI, Champions, Dynamics, Exceleration, JAG, Jonesboro, Saluki, SEGA, SLGC, Springfield Gymnastics, Top Flight

Session 7 - Gym 3  
Open Stretch, 1:45 pm

Women’s Level 3

Gyms: All American, Arrow, Exceleration, Olympia Mid Rivers, Revolution, Springfield YMCA, Tiger

Session 8 - Gym 3  
Open Stretch, 5:15 pm

Women’s Level 4

Gyms: Barron, Dynamics, Edwardsville YMCA, Exceleration, Flip Flop, Liberty, Revolution, SLGC, Tiger