



2023 Pink Ribbon Invitational
Hy-Vee Arena
1800 Genessee St. Kansas City, MO 64102

Friday, March 3, 2023

GYM A		GYM B	
Session 1A- Level 8		Session 1B- Xcel Gold	
8:00 AM	Open Stretch	8:00 AM	Open Stretch
8:20 AM	Introductions	8:20 AM	Introductions
8:30 AM	Warm Up/ Competition	8:30 AM	Warm-Up/ Competition
Awards Immediately Following		Individual Awards Immediately Following	
		Team Awards Following Session 2B	
		DOB: 1/1/1998- 05/09/2011	
		Any team with 10+ athletes	
Session 2A- Level 9		Session 2B- Xcel Gold	
Noon	Open Stretch	11:00 AM	Open Stretch
12:20 PM	Introductions	11:20 AM	Introductions
12:30 PM	Warm Up/ Competition	11:30 AM	Warm Up/ Competition
Awards Immediately Following		Individual Awards Immediately Following	
		Xcel Gold Team Awards	
		DOB: 05/10/2011- 12/31/2022	
		Any team with 10+ athletes	
Session 3A- Level 10/Xcel Diamond		Session 3B- Level 4	
5:00 PM	Open Stretch	2:00 PM	Open Stretch
5:20 PM	Introductions	2:20 PM	Introductions
5:30 PM	Warm Up/ Competition	2:30 PM	Warm Up/ Competition
Awards Immediately Following		Individual Awards Immediately Following	
		Team Awards Following Session 4B	
		DOB: 11/12/2012- 12/31/2022	
		Session 4B- Level 4	
		5:30 PM Open Stretch	
		5:50 PM Introductions	
		6:00 PM Warm Up/ Competition	
		Individual Awards Immediately Following	
		Level 4 Team Awards	
		DOB: 1/1/1998- 11/11/2012	



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Saturday, March 4, 2023

GYM A		GYM B	
Session 4A- Level 7		Session 5B- Xcel Silver (Large Team)	
8:00 AM	Open Stretch	8:00 AM	Open Stretch
8:20 AM	Introductions	8:20 AM	Introductions
8:30 AM	Warm Up/ Competition	8:30 AM	Warm Up/ Competition
Individual Awards Immediately Following		Individual Awards Immediately Following	
<i>Team Awards Following Session 5A</i>		<i>Team Awards Following Session 6B</i>	
DOB: 1/01/1998- 11/19/2009		DOB: 1/1/1998- 10/19/2012	
		Any team with 12+ athletes	
Session 5A- Level 7		Session 6B- Xcel Silver (Large Team)	
11:00 AM	Open Stretch	11:00 AM	Open Stretch
11:20 AM	Introductions	11:20 AM	Introductions
11:30 AM	Warm Up/ Competition	11:30 AM	Warm Up/ Competition
Individual Awards Immediately Following		Individual Awards Immediately Following	
Level 7 Team Awards		Xcel Silver Team Awards	
DOB: 11/20/2009- 12/31/2022		DOB: 10/20/2012- 12/31/2022	
		Any team with 12+ athletes	
Session 6A- Level 5		Session 7B- Xcel Silver/Xcel Gold (Small Team)	
2:00 PM	Open Stretch	2:00 PM	Open Stretch
2:20 PM	Introductions	2:20 PM	Introductions
2:30 PM	Warm Up/ Competition	2:30 PM	Warm Up/ Competition
Awards Immediately Following		Awards Immediately Following	
		SILVER: 316, CGA, Hopes & Dreams, JCGT, PGA NE, Twisters, Wichita	
		GOLD: Beller's, CATTs, Emerald City, KC Elite, LPGC, OKCG, PGA-NE,	
		Show-Me Gymnastics, Twisters Gymnastics	
Session 7A- FINALS			
5:30 PM	Gymnasts Report		
5:40 PM	Introductions/Presentation		
6:15 PM	Open Stretch		
6:35 PM	Warm Up/ Competition		
Awards Immediately Following			



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Sunday, March 5, 2023

GYM A		GYM B	
Session 8A- Level 6		Session 8B- Level 3 (Large Team)	
8:00 AM	Open Stretch	8:00 AM	Open Stretch
8:20 AM	Introductions	8:20 AM	Introductions
8:30 AM	Warm Up/ Competition	8:30 AM	Warm Up/ Competition
Individual Awards Immediately Following		Individual Awards Immediately Following	
<i>Team Awards Following Session 8A</i>		<i>Level 3 Large Team Awards Following Session 9B</i>	
DOB: 01/01/1998- 5/2/2011		DOB: 01/01/1998 - 8/21/2014	
		Any team with 10+ athletes	
Session 9A- Level 6		Session 9B- Level 3 (Large Team)	
11:15 AM	Open Stretch	10:30 AM	Open Stretch
11:35 AM	Introductions	10:50 AM	Introductions
11:45 AM	Warm Up/ Competition	11:00 AM	Warm Up/ Competition
Individual Awards Immediately Following		Individual Awards Immediately Following	
Level 6 team Awards		Level 3 Large Team Awards	
DOB: 5/03/2011- 12/31/2022		DOB: 8/22/2014- 12/31/2022	
		Any team with 10+ athletes	
Session 10A- (Xcel Bronze)		Session 10B- Level 3 (Small Team)	
2:30 PM	Open Stretch	1:00 PM	Open Stretch
2:50 PM	Introductions	1:20 PM	Introductions
3:00 PM	Warm Up/ Competition	1:30 PM	Warm Up/ Competition
Individual Awards Immediately Following		Individual & Team Awards Immediately Following	
<i>Team Awards Following Session 11A</i>		360, Bellers, CATTS, Diamond, EDGE Gymnastics, Hopes & Dreams	
DOB: 1/1/1998- 06/26/2014		KKGK, MGA, PGA NE, SG	
Session 11A- Xcel Bronze		Session 11B- Platinum	
4:45 PM	Open Stretch	3:15 PM	Open Stretch
5:05 PM	Introductions	3:35 PM	Introductions
5:15 PM	Warm Up/ Competition	3:45 PM	Warm Up/ Competition
Individual Awards Immediately Following		Individual & Team Awards Immediately Following	
Xcel Bronze Team Awards			
DOB: 06/27/2014- 12/31/2022			