

# Rope Your Dreams

## Session Summary

Sep 22-24, 2023

Saturday, September 23, 2023			Session: 1			Open Warmup 9:00 AM			Timed Warmup 9:25 AM		
Level 3			# Gymnasts 66			March In 9:15 AM			Awards 11:15 AM		
Flight A (32 gymnasts)			Flight B (34 gymnasts)								
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Arizona Dreams	3	17	Arizona Sunrays	3	3						
Carters	3	7	Gold Medal Gym	3	23						
Flex	3	8	Prescott Lightning	3	8						

Saturday, September 23, 2023			Session: 2			Open Warmup 11:45 AM			Timed Warmup 12:10 PM		
Level 2			# Gymnasts 73			March In 12:00 PM			Awards 1:30 PM		
Flight A (32 gymnasts)			Flight B (41 gymnasts)								
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Arizona Sunrays	2	14	Arizona Dreams	2	17						
Gold Medal Gym	2	15	Carters	2	13						
Prescott Lightning	2	3	Flex	2	11						

Saturday, September 23, 2023			Session: 3			Open Warmup 2:00 PM			Timed Warmup 2:25 PM		
Level 4			# Gymnasts 75			March In 2:15 PM			Awards 5:00 PM		
Flight A (36 gymnasts)			Flight B (39 gymnasts)								
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Arizona Dreams	4	14	Carters	4	11						
Arizona Sunrays	4	17	Gold Medal Gym	4	28						
Prescott Lightning	4	5									

Saturday, September 23, 2023			Session: 4			Open Warmup 5:30 PM			Timed Warmup 5:55 PM		
Level 5			# Gymnasts 52			March In 5:45 PM			Awards 7:30 PM		
Flight A (52 gymnasts)			Flight B (0 gymnasts)								
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts						
Arizona Sunrays	5	11									
Flames	5	6									
Flex	5	3									
Gold Medal Gym	5	9									
Influence	5	2									
PGA	5	7									
Prescott Lightning	5	1									
Rebound West	5	8									
Rush Gymnastics	5	1									
Synergy	5	4									

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Sunday, September 24, 2023			Session: 5			Open Warmup 9:00 AM			Timed Warmup 9:25 AM		
Level 4			# Gymnasts 64			March In 9:15 AM			Awards 11:45 AM		
Flight A (30 gymnasts)						Flight B (34 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Flagstaff Gymnastics	4	1	Influence	4	3	PGA	4	9	Rebound West	4	6
Flames	4	27	Rush Gymnastics	4	4	Summit	4	3	Synergy	4	9
Flex	4	2									

Sunday, September 24, 2023			Session: 6			Open Warmup 12:15 PM			Timed Warmup 12:40 PM		
Level 2			# Gymnasts 66			March In 12:30 PM			Awards 2:00 PM		
Flight A (35 gymnasts)						Flight B (31 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Flames	2	27	Influence	2	3	PGA	2	8	Rush Gymnastics	2	1
Rebound West	2	8	Rush Gymnastics	2	1	Summit	2	12	Synergy	2	7
			Summit	2	12						
			Synergy	2	7						

Sunday, September 24, 2023			Session: 7			Open Warmup 2:30 PM			Timed Warmup 2:55 PM		
Level 3			# Gymnasts 78			March In 2:45 PM			Awards 5:00 PM		
Flight A (39 gymnasts)						Flight B (39 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	Gym	Level	# Gymnasts	Gym	Level	# Gymnasts
Influence	3	2	Flames	3	39						
PGA	3	11									
Rebound West	3	11									
Rush Gymnastics	3	3									
Summit	3	7									
Synergy	3	5									