



GOLD MEDAL INVITATIONAL 2023

Please have athletes report 30 min prior to listed time

THURSDAY JAN. 26, 2023

SESSION 1- MARCH IN 1:00PM	LEVEL 2
SESSION 2- MARCH IN 3:15PM	LEVEL 3
SESSION 3- MARCH IN 6:45 PM	LEVEL 5 & ALL EXCEL
X	X

FRIDAY JAN. 27, 2023

SESSION 4- MARCH IN 8:15AM	LEVEL 6
SESSION 5- MARCH IN 11:45AM	LEVEL 7
SESSION 6- MARCH IN 3:15 PM	LEVEL 8
SESSION 7- MARCH IN 6:15PM	LEVEL 9/10

SATURDAY JAN. 28, 2023

SESSION 8- MARCH IN 8:15 AM	LEVEL 4
SESSION 9- MARCH IN 11:45 AM	IGC COPPER 2
SESSION 10- MARCH IN 3:15 PM	IGC BRONZE-GMGC CE, GMGC HU, HILLS, NYC TRIBECCA, NYC EAST, LIC, GYM-Nest
SESSION 11- MARCH IN 6:15 PM	IGC BRONZE- GMGC SM, GMGC GC, GOTHAM, GYMTIME, NEW IMAGE, SILVER STARS, NYC WEST, PHOENIX

SUNDAY JAN. 29, 2023

SESSION 12- MARCH IN 8:15 AM	IGC COPPER 1
SESSION 13- MARCH IN 11:30 AM	IGC DIAMOND
SESSION 14- MARCH IN 2:15 PM	IGC SILVER
SESSION 15- MARCH IN 5:30 PM	IGC GOLD/PLATNIUM