

2025 GGI

Session Summary

Feb 7-9, 2025

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Friday, February 7, 2025			Session: 01A			Open Warmup 8:00 AM			Timed Warm-U 8:30 AM		
Level 6			# Gymnasts 55			March-In 8:20 AM			Awards 11:15 AM		
Flight A (28 gymnasts)						Flight B (27 gymnasts)					
Gym		Level	# Gymnasts			Gym		Level	# Gymnasts		
NC Axcelerate Gymn.		6	1			NC Carolina Flipz		6	3		
NC High Point		6	8			NC Flip Force Gymnas		6	5		
NC Sandhills Academy		6	8			NC Triumph		6	3		
NC Southeastern-USAG		6	11			NC UGA		6	2		
						NC Unity Athletics		6	3		
						SC Lmg		6	8		
						VA Dynamic Gymnastic		6	3		

Friday, February 7, 2025			Session: 01B			Open Warmup 8:30 AM			Timed Warm-U 9:00 AM		
Bronze & Level 2			# Gymnasts 70			March-In 8:50 AM			Awards 11:15 AM		
Flight A (31 gymnasts)						Flight B (39 gymnasts)					
Gym		Level	# Gymnasts			Gym		Level	# Gymnasts		
NC Gymcarolina		XB	17			NC Gymnastics Unlimi		2	12		
NC Raleigh School		XB	14			NC SGA		XB	17		
						SC Soda City		2	10		

Friday, February 7, 2025			Session: 02A			Open Warmup 11:15 AM			Timed Warm-U 11:45 AM		
Level 7			# Gymnasts 48			March-In 11:35 AM			Awards 2:00 PM		
Flight A (24 gymnasts)						Flight B (24 gymnasts)					
Gym		Level	# Gymnasts			Gym		Level	# Gymnasts		
NC Carolina Flipz		7	4			NC Axcelerate Gymn.		7	1		
NC Element		7	2			NC Cabarrus		7	6		
NC High Point		7	5			NC SGA		7	4		
NC Kidsport Gymnasti		7	2			NC Southeastern-USAG		7	7		
NC Unity Athletics		7	1			NC Triumph		7	2		
SC Lmg		7	10			VA Dynamic Gymnastic		7	4		

Friday, February 7, 2025			Session: 02B		Open Warmup 11:15 AM		Timed Warm-U 11:45 AM	
Silver & Level 3			# Gymnasts 61		March-In 11:35 AM		Awards 2:00 PM	
Flight A (32 gymnasts)						Flight B (29 gymnasts)		
Gym		Level	# Gymnasts		Gym		Level	# Gymnasts
NC Gymnastics Unlimi		3	6		NC Flip Force Gymnas		XS	3
NC Sandhills Academy		XS	8		NC Gymcarolina		XS	19
NC UGA		XS	9		VA Dynamic Gymnastic		3	3
SC Soda City		3	9		VA Elite		3	4

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Friday, February 7, 2025			Session: 03A			Open Warmup 2:00 PM			Timed Warm-U 2:30 PM		
Level 8 & 9			# Gymnasts 63			March-In 2:20 PM			Awards 5:40 PM		
Flight A (31 gymnasts)						Flight B (32 gymnasts)					
Gym	Level	# Gymnasts				Gym	Level	# Gymnasts			
GA Summit	9	5				MD Unique	9	2			
MD TFG	9	1				NC Central Carolina	9	2			
NC Cabarrus	9	3				NC Everest Gymnastic	9	4			
NC Flip Force Gymnas	9	1				NC Kidsport Gymnasti	8	2			
NC Gymnastics Unlimi	9	5				NC Raleigh School	8	2			
NC High Point	9	7				NC Raleigh School	9	1			
NC Lake Norman Gym	9	1				NC Salem Gymnastics	9	4			
NC New Bern Gym	9	1				NC SGA	9	1			
NC Oak City	9	4				NC Southeastern-USAG	8	2			
NC Triumph	8	1				NC Triumph	8	2			
VA Dynamic Gymnastic	9	2				NC UGA	8	2			
						NC Unity Athletics	9	1			
						SC Lmg	9	7			

Friday, February 7, 2025			Session: 03B			Open Warmup 2:00 PM			Timed Warm-U 2:30 PM		
Gold - Level 4 & 5			# Gymnasts 74			March-In 2:20 PM			Awards 5:30 PM		
Flight A (37 gymnasts)						Flight B (37 gymnasts)					
Gym		Level	# Gymnasts			Gym		Level	# Gymnasts		
NC Axcelerate Gymn.		5	2			NC Element		XG	6		
NC Carolina Flipz		4	6			NC Gymnastics Unlimi		4	6		
NC Raleigh School		XG	17			NC Sandhills Academy		4	9		
SC Soda City		4	8			NC Tri County		XG	12		
SC Soda City		5	4			VA Dynamic Gymnastic		4	2		
						VA Dynamic Gymnastic		5	2		

Friday, February 7, 2025			Session: 04A			Open Warmup 5:40 PM			Timed Warm-U 6:10 PM		
Level 10			# Gymnasts 48			March-In 6:00 PM			Awards 9:00 PM		
Flight A (22 gymnasts)						Flight B (26 gymnasts)					
Gym		Level	# Gymnasts				Gym		Level	# Gymnasts	
MD Unique		10	1				GA Summit		10	3	
NC Everest Gymnastic		10	12				NC Gymnastics Unlimi		10	1	
NC Raleigh School		10	1				NC High Point		10	4	
NC Sandhills Academy		10	2				NC Salem Gymnastics		10	2	
NC SGA		10	1				NC Southeastern-USAG		10	16	
SC Lmg		10	3								
SC Soda City		10	2								

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Friday, February 7, 2025			Session: 04B		Open Warmup 5:30 PM		Timed Warm-U 6:00 PM	
Platinum			# Gymnasts 75		March-In 5:50 PM		Awards 9:10 PM	
Flight A (38 gymnasts)			Flight B (37 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC Carolina Flipz	XP	2	NC Oak City	XP	1			
NC Lake Norman Gym	XP	2	NC Raleigh School	XP	15			
NC Salem Gymnastics	XP	9	NC Tri County	XP	10			
NC SGA	XG	1	NC Triumph	XP	10			
NC SGA	XP	13	SC Lmg	XP	1			
NC UGA	XP	11						

Saturday, February 8, 2025			Session: 05A		Open Warmup 8:00 AM		Timed Warm-U 8:30 AM	
Level 6			# Gymnasts 44		March-In 8:20 AM		Awards 11:15 AM	
Flight A (20 gymnasts)			Flight B (24 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC Cabarrus	6	3	GA Summit	6	7			
NC Everest Gymnastic	6	4	NC New Bern Gym	6	6			
NC Gymnastics Unlimi	6	3	NC Raleigh School	6	5			
NC SGA	6	10	NC Salem Gymnastics	6	4			
			SC Soda City	6	2			

Saturday, February 8, 2025			Session: 05B			Open Warmup 8:30 AM			Timed Warm-U 9:00 AM		
Bronze			# Gymnasts 71			March-In 8:50 AM			Awards 11:15 AM		
Flight A (35 gymnasts)						Flight B (36 gymnasts)					
Gym		Level	# Gymnasts			Gym			Level		# Gymnasts
NC Flip Force Gymnas		XB	11			NC Axcelerate Gymn.			XB		9
NC Southeastern-USAG		XB	24			NC UGA			XB		19
						NC Unity Athletics			XB		3
						VA Dynamic Gymnastic			XB		5

Saturday, February 8, 2025			Session: 06A		Open Warmup 11:15 AM		Timed Warm-U 11:45 AM	
Level 8			# Gymnasts 61		March-In 11:35 AM		Awards 2:55 PM	
Flight A (30 gymnasts)			Flight B (31 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
MD Unique	8	4	GA Summit	8	1			
NC Central Carolina	8	2	NC Cabarrus	8	1			
NC Flip Force Gymnas	8	4	NC Everest Gymnastic	8	5			
NC Gymnastics Unlimi	8	1	NC High Point	8	14			
NC Lake Norman Gym	8	4	NC SGA	8	8			
NC New Bern Gym	8	4	NC Unity Athletics	8	1			
NC Oak City	8	1	VA Dynamic Gymnastic	8	1			
SC Lmg	8	6						
SC Soda City	8	4						

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Saturday, February 8, 2025			Session: 06B		Open Warmup 11:15 AM		Timed Warm-U 11:45 AM	
Silver			# Gymnasts 69		March-In 11:35 AM		Awards 1:55 PM	
Flight A (35 gymnasts)					Flight B (34 gymnasts)			
Gym	Level	# Gymnasts				Gym	Level	# Gymnasts
NC Axcelerate Gymn.	XS	3				NC Gymcarolina	XS	20
NC Carolina Flipz	XS	4				NC Southeastern-USAG	XS	14
NC Crystal Coast	XS	11						
NC Unity Athletics	XS	4						
VA Brga	XS	4						
VA Dynamic Gymnastic	XS	9						

Saturday, February 8, 2025			Session: 07A			Open Warmup 2:55 PM			Timed Warm-U 3:25 PM		
Level 7			# Gymnasts 46			March-In 3:15 PM			Awards 5:40 AM		
Flight A (23 gymnasts)						Flight B (23 gymnasts)					
Gym		Level	# Gymnasts			Gym		Level	# Gymnasts		
GA Summit		7	7			MD TFG		7	2		
NC Raleigh School		7	11			MD Unique		7	4		
SC Soda City		7	3			NC Everest Gymnastic		7	6		
VA Elite		7	2			NC Gymnastics Unlimi		7	1		
						NC New Bern Gym		7	3		
						NC Salem Gymnastics		7	7		

Saturday, February 8, 2025			Session: 07B		Open Warmup 1:55 PM		Timed Warm-U 2:25 PM	
Gold			# Gymnasts 71		March-In 2:15 PM		Awards 5:10 PM	
Flight A (37 gymnasts)			Flight B (34 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC Axcelerate Gymn.	XG	2	NC Cabarrus	XG	7			
NC Southeastern-USAG	XG	15	NC Crystal Coast	XG	12			
NC Triumph	XG	11	NC Kidsport Gymnasti	XG	4			
VA Brga	XG	6	NC Sandhills Academy	XG	6			
VA Elite	XG	3	NC UGA	XG	5			

Saturday, February 8, 2025			Session: 08A		Open Warmup 5:40 PM		Timed Warm-U 6:10 PM	
Diamond & Sapphire			# Gymnasts 62		March-In 6:00 PM		Awards 9:15 PM	
Flight A (29 gymnasts)			Flight B (33 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
GA Summit	XD	2	NC Oak City	XSA	3			
NC Central Carolina	XD	1	NC Raleigh School	XD	10			
NC Salem Gymnastics	XD	10	NC Sandhills Academy	XD	8			
NC Salem Gymnastics	XSA	1	NC UGA	XD	6			
NC SGA	XD	12	NC UGA	XSA	2			
NC SGA	XSA	2	SC Soda City	XD	4			
NC Triumph	XSA	1						

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Saturday, February 8, 2025			Session: 08B		Open Warmup 5:10 PM		Timed Warm-U 5:40 PM	
Platinum			# Gymnasts 61		March-In 5:30 PM		Awards 9:10 PM	
Flight A (29 gymnasts)			Flight B (32 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
MD TFG	XP	1	NC Cabarrus	XP	8			
NC Crystal Coast	XP	12	NC Central Carolina	XP	7			
NC Element	XP	13	NC Gymcarolina	XP	8			
VA Brga	XP	3	NC Southeastern-USAG	XP	8			
			VA Elite	XP	1			

Sunday, February 9, 2025			Session: 09A		Open Warmup 8:00 AM		Timed Warm-U 8:30 AM	
Bronze			# Gymnasts 70		March-In 8:20 AM		Awards 10:50 AM	
Flight A (36 gymnasts)			Flight B (34 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC Element	XB	16	NC Crystal Coast	XB	14			
NC New Bern Gym	XB	7	NC Sandhills Academy	XB	15			
NC Tri County	XB	3	VA Elite	XB	5			
NC Triumph	XB	10						

Sunday, February 9, 2025			Session: 09B		Open Warmup 8:00 AM		Timed Warm-U 8:30 AM	
Gold			# Gymnasts 84		March-In 8:20 AM		Awards 11:40 AM	
Flight A (41 gymnasts)			Flight B (43 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC Gymcarolina	XG	14	GA Summit	XG	15			
NC SGA	XG	27	NC Central Carolina	XG	5			
			NC Flip Force Gymnas	XG	5			
			NC Unity Athletics	XG	11			
			VA Dynamic Gymnastic	XG	7			

Sunday, February 9, 2025			Session: 10A		Open Warmup 10:50 AM		Timed Warm-U 11:20 AM	
Silver			# Gymnasts 72		March-In 11:10 AM		Awards 1:30 PM	
Flight A (38 gymnasts)			Flight B (34 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC Oak City	XS	3	NC Element	XS	11			
NC Raleigh School	XS	17	NC New Bern Gym	XS	7			
NC Triumph	XS	10	NC WAKE Gymnastics	XS	16			
VA Elite	XS	8						

Sunday, February 9, 2025			Session: 10B		Open Warmup 11:40 AM		Timed Warm-U 12:10 PM	
Silver			# Gymnasts 72		March-In 12:00 PM		Awards 2:20 PM	
Flight A (33 gymnasts)			Flight B (39 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC SGA	XS	21	NC Cabarrus	XS	13			
SC Soda City	XS	12	NC Kidsport Gymnasti	XS	9			
			NC MGA	XS	9			
			NC Tri County	XS	8			

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Sunday, February 9, 2025			Session: 11A		Open Warmup 1:30 PM		Timed Warm-U 2:00 PM	
Diamond			# Gymnasts 31		March-In 1:50 PM		Awards 3:40 PM	
Flight A (12 gymnasts)			Flight B (19 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
MD TFG	XD	1	NC Element	XD	3			
NC Lake Norman Gym	XD	4	NC Southeastern-USAG	XD	8			
NC Oak City	XD	4	NC Triumph	XD	6			
VA Brga	XD	2	SC Lmg	XD	2			
VA Elite	XD	1						

Sunday, February 9, 2025			Session: 11B		Open Warmup 2:20 PM		Timed Warm-U 2:50 PM	
Bronze			# Gymnasts 67		March-In 2:40 PM		Awards 4:45 PM	
Flight A (30 gymnasts)			Flight B (37 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
NC WAKE Gymnastics	XB	4	NC Gymcarolina	XB	17			
NC Youngs	XB	15	NC Kidsport Gymnasti	XB	10			
SC Soda City	XB	11	NC MGA	XB	10			

Sunday, February 9, 2025			Session: 12A			Open Warmup 3:40 PM			Timed Warm-U 4:10 PM		
Gold			# Gymnasts 44			March-In 4:00 PM			Awards 5:45 PM		
Flight A (20 gymnasts)						Flight B (24 gymnasts)					
Gym	Level	# Gymnasts				Gym	Level	# Gymnasts			
NC SGA	XG	20				NC MGA	XG	2			
						NC New Bern Gym	XG	6			
						NC Oak City	XG	4			
						NC Salem Gymnastics	XG	6			
						SC Soda City	XG	6			