

# Crystal Cup 2024

## Session Summary

Feb 1-3, 2024

|                                    |  |  |               |  |  |                                    |  |  |                  |  |  |       |  |  |            |  |  |
|------------------------------------|--|--|---------------|--|--|------------------------------------|--|--|------------------|--|--|-------|--|--|------------|--|--|
| Thursday, February 1, 2024         |  |  | Session: 1    |  |  | Open Warmup 8:00 AM                |  |  | March In 8:20 AM |  |  |       |  |  |            |  |  |
| XB/XG                              |  |  | # Gymnasts 94 |  |  | Timed Warmup 8:30 AM               |  |  | Awards 11:30 AM  |  |  |       |  |  |            |  |  |
| _____ Flight A (47 gymnasts) _____ |  |  |               |  |  | _____ Flight B (47 gymnasts) _____ |  |  |                  |  |  |       |  |  |            |  |  |
| Gym                                |  |  | Level         |  |  | # Gymnasts                         |  |  | Gym              |  |  | Level |  |  | # Gymnasts |  |  |
| Dream                              |  |  | XB            |  |  | 11                                 |  |  | All American     |  |  | XG    |  |  | 19         |  |  |
| Elevate                            |  |  | XG            |  |  | 3                                  |  |  | GTC              |  |  | XG    |  |  | 11         |  |  |
| High Altitude                      |  |  | XG            |  |  | 8                                  |  |  | Icon Athletics   |  |  | XB    |  |  | 8          |  |  |
| Lehi Legacy                        |  |  | XG            |  |  | 8                                  |  |  | Olympus          |  |  | XB    |  |  | 9          |  |  |
| Momentum                           |  |  | XG            |  |  | 8                                  |  |  |                  |  |  |       |  |  |            |  |  |
| Mountain West                      |  |  | XB            |  |  | 9                                  |  |  |                  |  |  |       |  |  |            |  |  |

|                                    |  |  |               |  |  |                                    |  |  |                    |  |  |       |  |  |            |  |  |
|------------------------------------|--|--|---------------|--|--|------------------------------------|--|--|--------------------|--|--|-------|--|--|------------|--|--|
| Saturday, February 3, 2024         |  |  | Session: 10   |  |  | Open Warmup 8:00 AM                |  |  | March In 8:20 AM   |  |  |       |  |  |            |  |  |
| Xcel Silver                        |  |  | # Gymnasts 86 |  |  | Timed Warmup 8:30 AM               |  |  | Awards 11:30 AM    |  |  |       |  |  |            |  |  |
| _____ Flight A (39 gymnasts) _____ |  |  |               |  |  | _____ Flight B (47 gymnasts) _____ |  |  |                    |  |  |       |  |  |            |  |  |
| Gym                                |  |  | Level         |  |  | # Gymnasts                         |  |  | Gym                |  |  | Level |  |  | # Gymnasts |  |  |
| Dream                              |  |  | XS            |  |  | 10                                 |  |  | Black Diamond - PC |  |  | XS    |  |  | 12         |  |  |
| Lehi Legacy                        |  |  | XS            |  |  | 19                                 |  |  | Bold               |  |  | XS    |  |  | 24         |  |  |
| Rising Star YTC                    |  |  | XS            |  |  | 10                                 |  |  | GTC                |  |  | XS    |  |  | 5          |  |  |
|                                    |  |  |               |  |  |                                    |  |  | Icon Athletics     |  |  | XS    |  |  | 6          |  |  |

|                                    |  |  |               |  |  |                                    |  |  |                   |  |  |       |  |  |            |  |  |
|------------------------------------|--|--|---------------|--|--|------------------------------------|--|--|-------------------|--|--|-------|--|--|------------|--|--|
| Saturday, February 3, 2024         |  |  | Session: 11   |  |  | Open Warmup 11:30 AM               |  |  | March In 11:50 AM |  |  |       |  |  |            |  |  |
| Xcel Silver                        |  |  | # Gymnasts 89 |  |  | Timed Warmup 12:00 PM              |  |  | Awards 3:00 PM    |  |  |       |  |  |            |  |  |
| _____ Flight A (41 gymnasts) _____ |  |  |               |  |  | _____ Flight B (48 gymnasts) _____ |  |  |                   |  |  |       |  |  |            |  |  |
| Gym                                |  |  | Level         |  |  | # Gymnasts                         |  |  | Gym               |  |  | Level |  |  | # Gymnasts |  |  |
| All American                       |  |  | XS            |  |  | 9                                  |  |  | Elevate           |  |  | XS    |  |  | 10         |  |  |
| Epic                               |  |  | XS            |  |  | 16                                 |  |  | Mountain West     |  |  | XS    |  |  | 12         |  |  |
| Gymcats                            |  |  | XS            |  |  | 8                                  |  |  | Olympus           |  |  | XS    |  |  | 26         |  |  |
| High Altitude                      |  |  | XS            |  |  | 5                                  |  |  |                   |  |  |       |  |  |            |  |  |
| Momentum                           |  |  | XS            |  |  | 2                                  |  |  |                   |  |  |       |  |  |            |  |  |
| Olympus                            |  |  | XS            |  |  | 1                                  |  |  |                   |  |  |       |  |  |            |  |  |

|                                    |  |  |               |  |  |                                    |  |  |                  |  |  |       |  |  |            |  |  |
|------------------------------------|--|--|---------------|--|--|------------------------------------|--|--|------------------|--|--|-------|--|--|------------|--|--|
| Saturday, February 3, 2024         |  |  | Session: 12   |  |  | Open Warmup 3:00 PM                |  |  | March In 3:20 PM |  |  |       |  |  |            |  |  |
| Xcel Gold                          |  |  | # Gymnasts 93 |  |  | Timed Warmup 3:30 PM               |  |  | Awards 6:30 PM   |  |  |       |  |  |            |  |  |
| _____ Flight A (43 gymnasts) _____ |  |  |               |  |  | _____ Flight B (50 gymnasts) _____ |  |  |                  |  |  |       |  |  |            |  |  |
| Gym                                |  |  | Level         |  |  | # Gymnasts                         |  |  | Gym              |  |  | Level |  |  | # Gymnasts |  |  |
| Gymcats                            |  |  | XG            |  |  | 4                                  |  |  | Bold             |  |  | XG    |  |  | 25         |  |  |
| Icon Athletics                     |  |  | XG            |  |  | 11                                 |  |  | Dream            |  |  | XG    |  |  | 12         |  |  |
| Olympus                            |  |  | XG            |  |  | 18                                 |  |  | Mountain West    |  |  | XG    |  |  | 13         |  |  |
| Rising Star YTC                    |  |  | XG            |  |  | 10                                 |  |  |                  |  |  |       |  |  |            |  |  |

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| Saturday, February 3, 2024 |       |            | Session: 13            |       |            | Open Warmup 6:30 PM  |  |  | March In 6:50 PM |  |  |
|----------------------------|-------|------------|------------------------|-------|------------|----------------------|--|--|------------------|--|--|
| XP/XD                      |       |            | # Gymnasts 80          |       |            | Timed Warmup 7:00 PM |  |  | Awards 9:30 PM   |  |  |
| Flight A (39 gymnasts)     |       |            | Flight B (41 gymnasts) |       |            |                      |  |  |                  |  |  |
| Gym                        | Level | # Gymnasts | Gym                    | Level | # Gymnasts |                      |  |  |                  |  |  |
| All American               | XD    | 3          | Bold                   | XD    | 1          |                      |  |  |                  |  |  |
| All American               | XP    | 12         | Bold                   | XP    | 12         |                      |  |  |                  |  |  |
| Baillies                   | XP    | 3          | GTC                    | XD    | 6          |                      |  |  |                  |  |  |
| Gymcats                    | XD    | 1          | GTC                    | XP    | 8          |                      |  |  |                  |  |  |
| Gymcats                    | XP    | 3          | LEGA                   | XD    | 1          |                      |  |  |                  |  |  |
| Momentum                   | XP    | 3          | Mountain West          | XD    | 2          |                      |  |  |                  |  |  |
| Olympus                    | XD    | 5          | Mountain West          | XP    | 8          |                      |  |  |                  |  |  |
| Olympus                    | XP    | 9          | Rising Star YTC        | XP    | 3          |                      |  |  |                  |  |  |

| Thursday, February 1, 2024 |       |            | Session: 2             |       |            | Open Warmup 11:30 AM  |  |  | March In 11:50 AM |  |  |
|----------------------------|-------|------------|------------------------|-------|------------|-----------------------|--|--|-------------------|--|--|
| XB/L2                      |       |            | # Gymnasts 90          |       |            | Timed Warmup 12:00 PM |  |  | Awards 3:00 PM    |  |  |
| Flight A (40 gymnasts)     |       |            | Flight B (50 gymnasts) |       |            |                       |  |  |                   |  |  |
| Gym                        | Level | # Gymnasts | Gym                    | Level | # Gymnasts |                       |  |  |                   |  |  |
| Air-Bound                  | 2     | 6          | Black Diamond - PC     | XB    | 5          |                       |  |  |                   |  |  |
| Elevate                    | XB    | 16         | Bold                   | XB    | 12         |                       |  |  |                   |  |  |
| Epic                       | XB    | 16         | Gymcats                | XB    | 15         |                       |  |  |                   |  |  |
| High Altitude              | XB    | 2          | Lehi Legacy            | XB    | 14         |                       |  |  |                   |  |  |
|                            |       |            | Rising Star YTC        | XB    | 4          |                       |  |  |                   |  |  |

| Thursday, February 1, 2024 |       |            | Session: 3             |       |            | Open Warmup 3:00 PM  |  |  | March In 3:20 PM |  |  |
|----------------------------|-------|------------|------------------------|-------|------------|----------------------|--|--|------------------|--|--|
| Level 3                    |       |            | # Gymnasts 94          |       |            | Timed Warmup 3:30 PM |  |  | Awards 6:30 PM   |  |  |
| Flight A (46 gymnasts)     |       |            | Flight B (48 gymnasts) |       |            |                      |  |  |                  |  |  |
| Gym                        | Level | # Gymnasts | Gym                    | Level | # Gymnasts |                      |  |  |                  |  |  |
| Bold                       | 3     | 11         | Air-Bound              | 3     | 15         |                      |  |  |                  |  |  |
| Momentum                   | 3     | 8          | Black Diamond - PC     | 3     | 7          |                      |  |  |                  |  |  |
| Nebo                       | 3     | 4          | GTC                    | 3     | 12         |                      |  |  |                  |  |  |
| Olympus                    | 2     | 1          | High Altitude          | 3     | 7          |                      |  |  |                  |  |  |
| Olympus                    | 3     | 22         | Mountain West          | 3     | 7          |                      |  |  |                  |  |  |

| Thursday, February 1, 2024 |       |            | Session: 4             |       |            | Open Warmup 6:30 PM  |  |  | March In 6:50 PM |  |  |
|----------------------------|-------|------------|------------------------|-------|------------|----------------------|--|--|------------------|--|--|
| Level 4                    |       |            | # Gymnasts 90          |       |            | Timed Warmup 7:00 PM |  |  | Awards 9:30 PM   |  |  |
| Flight A (41 gymnasts)     |       |            | Flight B (49 gymnasts) |       |            |                      |  |  |                  |  |  |
| Gym                        | Level | # Gymnasts | Gym                    | Level | # Gymnasts |                      |  |  |                  |  |  |
| GTC                        | 4     | 14         | Air-Bound              | 4     | 12         |                      |  |  |                  |  |  |
| Momentum                   | 4     | 6          | Bold                   | 4     | 13         |                      |  |  |                  |  |  |
| Nebo                       | 4     | 5          | High Altitude          | 4     | 3          |                      |  |  |                  |  |  |
| Olympus                    | 4     | 16         | Momentum A.F.          | 4     | 9          |                      |  |  |                  |  |  |
|                            |       |            | Mountain West          | 4     | 11         |                      |  |  |                  |  |  |
|                            |       |            | Rising Star            | 4     | 1          |                      |  |  |                  |  |  |

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|--------------------------|-------|------------|---------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Friday, February 2, 2024 |       |            | Session: 5    |       |            | Open Warmup 8:00 AM    |       |            | March In 8:20 AM |       |            |
| Level 5/6                |       |            | # Gymnasts 59 |       |            | Timed Warmup 8:30 AM   |       |            | Awards 10:45 AM  |       |            |
| Flight A (27 gymnasts)   |       |            |               |       |            | Flight B (32 gymnasts) |       |            |                  |       |            |
| Gym                      | Level | # Gymnasts | Gym           | Level | # Gymnasts | Gym                    | Level | # Gymnasts | Gym              | Level | # Gymnasts |
| Air-Bound                | 5     | 4          | Academy West  | 6     | 4          | All American           | 6     | 7          | Baillies         | 6     | 2          |
| Air-Bound                | 6     | 1          | GTC           | 6     | 4          | High Altitude          | 6     | 2          | LEGA             | 6     | 1          |
| Momentum                 | 5     | 3          | Momentum      | 6     | 4          | Olympus                | 6     | 6          | Rising Star      | 6     | 2          |
| Momentum A.F.            | 5     | 8          | Olympus       | 6     | 6          |                        |       |            |                  |       |            |
| Nebo                     | 5     | 2          | Rising Star   | 6     | 1          |                        |       |            |                  |       |            |
| Olympus                  | 5     | 8          |               |       |            |                        |       |            |                  |       |            |
| Rising Star              | 5     | 1          |               |       |            |                        |       |            |                  |       |            |

|                          |       |            |               |       |            |                        |       |            |                   |       |            |
|--------------------------|-------|------------|---------------|-------|------------|------------------------|-------|------------|-------------------|-------|------------|
| Friday, February 2, 2024 |       |            | Session: 6    |       |            | Open Warmup 10:45 AM   |       |            | March In 11:05 AM |       |            |
| Level 7                  |       |            | # Gymnasts 53 |       |            | Timed Warmup 11:15 AM  |       |            | Awards 1:15 AM    |       |            |
| Flight A (23 gymnasts)   |       |            |               |       |            | Flight B (30 gymnasts) |       |            |                   |       |            |
| Gym                      | Level | # Gymnasts | Gym           | Level | # Gymnasts | Gym                    | Level | # Gymnasts | Gym               | Level | # Gymnasts |
| Air-Bound                | 7     | 5          | Academy West  | 7     | 4          | Bold                   | 7     | 17         | Olympus           | 7     | 6          |
| All American             | 7     | 4          | Bold          | 7     | 1          | Rising Star            | 7     | 3          |                   |       |            |
| Baillies                 | 7     | 3          | GTC           | 7     | 4          |                        |       |            |                   |       |            |
| Bold                     | 7     | 1          | High Altitude | 7     | 1          |                        |       |            |                   |       |            |
| GTC                      | 7     | 4          | LEGA          | 7     | 2          |                        |       |            |                   |       |            |
| High Altitude            | 7     | 1          | Momentum      | 7     | 3          |                        |       |            |                   |       |            |
| LEGA                     | 7     | 2          |               |       |            |                        |       |            |                   |       |            |
| Momentum                 | 7     | 3          |               |       |            |                        |       |            |                   |       |            |

|                          |       |            |               |       |            |                        |       |            |                  |       |            |
|--------------------------|-------|------------|---------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Friday, February 2, 2024 |       |            | Session: 7    |       |            | Open Warmup 1:15 PM    |       |            | March In 1:35 PM |       |            |
| L 9/Xcel Sapphire        |       |            | # Gymnasts 36 |       |            | Timed Warmup 1:45 PM   |       |            | Awards 3:45 PM   |       |            |
| Flight A (23 gymnasts)   |       |            |               |       |            | Flight B (13 gymnasts) |       |            |                  |       |            |
| Gym                      | Level | # Gymnasts | Gym           | Level | # Gymnasts | Gym                    | Level | # Gymnasts | Gym              | Level | # Gymnasts |
| Bold                     | 9     | 8          | Olympus       | 9     | 13         |                        |       |            |                  |       |            |
| GTC                      | 9     | 4          |               |       |            |                        |       |            |                  |       |            |
| LEGA                     | 9     | 3          |               |       |            |                        |       |            |                  |       |            |
| LEGA                     | XSA   | 3          |               |       |            |                        |       |            |                  |       |            |
| Momentum                 | 9     | 5          |               |       |            |                        |       |            |                  |       |            |

|                          |       |            |               |       |            |                        |       |            |                  |       |            |
|--------------------------|-------|------------|---------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Friday, February 2, 2024 |       |            | Session: 8    |       |            | Open Warmup 3:45 PM    |       |            | March In 4:05 PM |       |            |
| Level 10                 |       |            | # Gymnasts 37 |       |            | Timed Warmup 4:15 PM   |       |            | Awards 6:15 PM   |       |            |
| Flight A (17 gymnasts)   |       |            |               |       |            | Flight B (20 gymnasts) |       |            |                  |       |            |
| Gym                      | Level | # Gymnasts | Gym           | Level | # Gymnasts | Gym                    | Level | # Gymnasts | Gym              | Level | # Gymnasts |
| Bold                     | 10    | 13         | Olympus       | 10    | 19         | Olympus                | OP    | 1          |                  |       |            |
| LEGA                     | 10    | 1          |               |       |            |                        |       |            |                  |       |            |
| Momentum                 | 10    | 3          |               |       |            |                        |       |            |                  |       |            |

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|--------------------------|---------------|-----------------------|------------------|-------|------------|
| Friday, February 2, 2024 | Session: 9    | Open Warmup 6:30 PM   | March In 6:50 PM |       |            |
| Level 8                  | # Gymnasts 52 | Timed Warmup 7:00 PM  | Awards 9:30 PM   |       |            |
| Flight A (52 gymnasts)   |               | Flight B (0 gymnasts) |                  |       |            |
| Gym                      | Level         | # Gymnasts            | Gym              | Level | # Gymnasts |

|              |   |    |
|--------------|---|----|
| Academy West | 8 | 1  |
| Bold         | 8 | 20 |
| GTC          | 8 | 4  |
| LEGA         | 8 | 3  |
| Momentum     | 8 | 5  |
| Olympus      | 8 | 17 |
| Rising Star  | 8 | 2  |