

2019 Holiday Express

Session Summary

Dec 13-15, 2019

Friday, December 13, 2019	Session: 01	Open Stretch 8:00 AM	Timed Warmup
Level 3	# Gymnasts 67	March In 8:15 AM	Awards
Gym	Level	# Gymnasts	
Alpha	3	6	
Bainbridge (BIGC)	3	9	
Black Hills	3	21	
Cascade Elite	3	10	
Cascade Elite West	3	8	
Crystals	3	13	

Friday, December 13, 2019	Session: 02	Open Stretch 11:00 AM	Timed Warmup
Level 3	# Gymnasts 73	March In 11:15 AM	Awards
Gym	Level	# Gymnasts	
Advantage	3	9	
Metropolitan	3	32	
NASA	3	8	
Naydenov	3	12	
Northshore	3	12	

Friday, December 13, 2019	Session: 03	Open Stretch 2:30 PM	Timed Warmup
Level 4	# Gymnasts 81	March In 2:45 PM	Awards
Gym	Level	# Gymnasts	
Advantage	4	11	
Alpha	4	3	
Black Hills	4	10	
Cascade Elite	4	11	
Cascade Elite West	4	13	
Gym Plus Yakima	4	2	
NASA	4	7	
Naydenov	4	19	
Northshore	4	4	
Rising Stars	4	1	

2019 Holiday Express

Session Summary

Dec 13-15, 2019

Friday, December 13, 2019		Session: 04	Open Stretch 6:00 PM	Timed Warmup
Level 4/5		# Gymnasts 95	March In 6:15 PM	Awards
Gym	Level	# Gymnasts		
Alpha	5	3		
Bainbridge (BIGC)	4	9		
Bainbridge (BIGC)	5	1		
Black Hills	5	8		
Cascade Elite	5	8		
Cascade Elite West	5	5		
Crystals	4	4		
Crystals	5	5		
Gym Plus Yakima	5	1		
Metropolitan	4	25		
Metropolitan	5	2		
Mid Columbia	4	15		
NASA	5	1		
Naydenov	5	4		
Northshore	5	4		

Saturday, December 14, 2019		Session: 05	Open Stretch 8:00 AM	Timed Warmup
Level 6/7		# Gymnasts 82	March In 8:15 AM	Awards
Gym	Level	# Gymnasts		
Alpha	7	3		
Bainbridge (BIGC)	7	2		
Bothell Gymnastics	7	4		
Cascade Elite	6	4		
Cascade Elite	7	6		
Cascade Elite West	7	8		
Crystals	7	8		
Grace	6	7		
Grace	7	2		
Gym Plus Yakima	7	2		
Metropolitan	7	4		
Mid Columbia	7	4		
Naydenov	7	5		
Northshore	7	6		
Phoenix Gym	7	5		
Rising Stars	7	2		
Westside	7	9		
Zenith West	7	1		

2019 Holiday Express

Session Summary

Dec 13-15, 2019

Saturday, December 14, 2019		Session: 06	Open Stretch 11:30 AM	Timed Warmup
Level 8		# Gymnasts 58	March In 11:45 AM	Awards
Gym	Level	# Gymnasts		
Alpha	8	2		
Black Hills	8	5		
Bothell Gymnastics	8	1		
Cascade Elite	8	5		
Cascade Elite West	8	8		
Metropolitan	8	11		
Mid Columbia	8	3		
Naydenov	8	7		
North Coast	8	2		
Northshore	8	3		
Westside	8	7		
Zenith West	8	4		

Saturday, December 14, 2019		Session: 07	Open Stretch 3:00 PM	Timed Warmup
Level 9/10		# Gymnasts 70	March In 3:15 PM	Awards
Gym	Level	# Gymnasts		
Bainbridge (BIGC)	9	2		
Cascade Elite	10	3		
Cascade Elite	9	4		
Cascade Elite West	10	2		
Cascade Elite West	9	6		
Grace	9	4		
Gym Plus Yakima	10	1		
Metropolitan	10	8		
Metropolitan	9	3		
Mid Columbia	10	1		
Mid Columbia	9	4		
Naydenov	10	3		
Naydenov	9	7		
Northshore	10	2		
Phoenix Gym	10	7		
Phoenix Gym	9	5		
Rising Stars	10	1		
Westside	10	1		
Westside	9	5		
Zenith West	10	1		

2019 Holiday Express

Session Summary

Dec 13-15, 2019

Saturday, December 14, 2019		Session: 08	Open Stretch 6:30 PM	Timed Warmup
Level 6		# Gymnasts 81	March In 6:45 PM	Awards
Gym	Level	# Gymnasts		
Alpha	6	3		
Bainbridge (BIGC)	6	3		
Black Hills	6	5		
Bothell Gymnastics	6	2		
Cascade Elite West	6	8		
Metropolitan	6	14		
Mid Columbia	6	8		
Naydenov	6	9		
North Coast	6	8		
Rising Stars	6	7		
Westside	6	6		
Zenith West	6	8		

Sunday, December 15, 2019		Session: 09	Open Stretch 8:00 AM	Timed Warmup
Level XS		# Gymnasts 55	March In 8:15 AM	Awards
Gym	Level	# Gymnasts		
Bainbridge (BIGC)	XS	8		
Black Hills	XS	8		
Klahhane	XS	3		
SGA Columbia	XS	19		
SGA Lake City	XS	17		

Sunday, December 15, 2019		Session: 10	Open Stretch 8:00 AM	Timed Warmup
Level XS		# Gymnasts 58	March In 8:15 AM	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XS	4		
Edmonds Illusions	XS	2		
Gym Plus Yakima	XS	9		
Mercy	XS	13		
Metropolitan	XS	30		

Sunday, December 15, 2019		Session: 11	Open Stretch 10:30 AM	Timed Warmup
Level XB		# Gymnasts 33	March In 10:45 AM	Awards
Gym	Level	# Gymnasts		
Black Hills	XB	8		
Cascade Elite West	XB	8		
Klahhane	XB	7		
Metropolitan	XB	10		

2019 Holiday Express

Session Summary

Dec 13-15, 2019

Sunday, December 15, 2019		Session: 12	Open Stretch 10:30 AM	Timed Warmup
Level 2		# Gymnasts 53	March In 10:45 AM	Awards
Gym	Level	# Gymnasts		
Black Hills	2	25		
Crystals	2	12		
Metropolitan	2	16		

Sunday, December 15, 2019		Session: 13	Open Stretch 1:30 PM	Timed Warmup
Level XG		# Gymnasts 100	March In 1:45 PM	Awards
Gym	Level	# Gymnasts		
Bainbridge (BIGC)	XG	10		
Black Hills	XG	6		
Cascade Elite West	XG	6		
Gym East	XG	18		
Gym Plus Yakima	XG	7		
Klahhane	XG	6		
Mercy	XG	12		
Metropolitan	XG	16		
SGA Columbia	XG	8		
SGA Lake City	XG	11		

Sunday, December 15, 2019		Session: 14	Open Stretch 5:00 PM	Timed Warmup
Level XD + XP		# Gymnasts 79	March In 5:15 PM	Awards
Gym	Level	# Gymnasts		
Bainbridge (BIGC)	XP	2		
Black Hills	XP	2		
Cascade Elite West	XP	3		
Gym East	XD	8		
Gym East	XP	17		
Gym Plus Yakima	XP	3		
Mercy	XP	6		
Metropolitan	XD	7		
Metropolitan	XP	8		
SGA Columbia	XD	3		
SGA Columbia	XP	7		
SGA Lake City	XD	2		
SGA Lake City	XP	11		