

2022 Holiday Express

Session Summary

Dec 9-11, 2022

Friday, December 9, 2022	Session: 01	Open Stretch 8:00 AM	Timed Warmup
Level 3	# Gymnasts 84	March In	Awards
Gym	Level	# Gymnasts	
Advantage	3	22	
Cascade Elite West	3	15	
Ground Zero	3	2	
High Flight	3	10	
Mt Baker	3	12	
Mt. Si Gym	3	10	
Westside	3	13	

Friday, December 9, 2022	Session: 02	Open Stretch 11:00 AM	Timed Warmup
Level 3	# Gymnasts 69	March In	Awards
Gym	Level	# Gymnasts	
Alpha	3	20	
Black Hills	3	12	
Crystals	3	12	
Metropolitan	3	8	
Naydenov	3	8	
Northshore	3	9	

Friday, December 9, 2022	Session: 03	Open Stretch 2:30 PM	Timed Warmup
Level 4	# Gymnasts 54	March In	Awards
Gym	Level	# Gymnasts	
Advantage	4	7	
Alpha	4	9	
Black Hills	4	8	
Ground Zero	4	6	
Naydenov	4	13	
Northshore	4	5	
Westside	4	6	

Friday, December 9, 2022	Session: 04	Open Stretch 5:30 PM	Timed Warmup
Level 4	# Gymnasts 47	March In	Awards
Gym	Level	# Gymnasts	
Bainbridge (BIGC)	4	5	
Cascade Elite West	4	4	
Crystals	4	8	
Grace	4	11	
Metropolitan	4	8	
Mt Baker	4	7	
Mt. Si Gym	4	4	

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Saturday, December 10, 2022			Session: 05	Open Stretch 8:00 AM	Timed Warmup
Level 7			# Gymnasts 48	March In	Awards
Gym	Level	# Gymnasts			
Advantage	7	4			
Alpha	7	2			
Bainbridge (BIGC)	7	1			
Black Hills	7	5			
Cascade Elite West	7	10			
Crystals	7	3			
Grace	7	1			
Gym Plus Yakima	7	1			
High Flight	7	2			
Metropolitan	7	7			
Mid Columbia	7	2			
Mt Baker	7	1			
Naydenov	7	3			
Northshore	7	3			
Westside	7	3			

Saturday, December 10, 2022			Session: 06	Open Stretch 11:00 AM	Timed Warmup
Level 8			# Gymnasts 45	March In	Awards
Gym	Level	# Gymnasts			
Advantage	8	7			
Black Hills	8	2			
Cascade Elite West	8	3			
Crystals	8	3			
Metropolitan	8	13			
Mid Columbia	8	3			
Naydenov	8	4			
NGTC	8	3			
Northshore	8	2			
Westside	8	5			

Saturday, December 10, 2022			Session: 07	Open Stretch 2:30 PM	Timed Warmup
Level 9/10			# Gymnasts 44	March In	Awards
Gym	Level	# Gymnasts			
Advantage	10	1			
Advantage	9	4			
Black Hills	9	1			
Cascade Elite West	10	3			
Cascade Elite West	9	1			
Metropolitan	10	7			
Metropolitan	9	10			
Naydenov	10	4			
Naydenov	9	4			
Northshore	9	5			
Westside	10	1			
Westside	9	3			

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Saturday, December 10, 2022		Session: 08	Open Stretch 5:30 PM	Timed Warmup
Level 6		# Gymnasts 54	March In	Awards
Gym	Level	# Gymnasts		

Advantage	6	9
Bainbridge (BIGC)	6	2
Black Hills	6	7
Cascade Elite West	6	13
Crystals	6	1
High Flight	6	1
Metropolitan	6	2
Mid Columbia	6	7
Naydenov	6	4
Northshore	6	3
Westside	6	5

Sunday, December 11, 2022		Session: 09	Open Stretch 8:00 AM	Timed Warmup
Level XS (Gym1)		# Gymnasts 60	March In	Awards
Gym	Level	# Gymnasts		

Metropolitan	XS	24
Mt. Si Gym	XS	11
Naydenov	XS	13
NGTC	XS	12

Sunday, December 11, 2022		Session: 10	Open Stretch 8:00 AM	Timed Warmup
Level 2 (Gym2)		# Gymnasts 60	March In	Awards
Gym	Level	# Gymnasts		

Advantage	2	8
Cascade Elite West	2	29
High Flight	2	11
Metropolitan	2	12

Sunday, December 11, 2022		Session: 11	Open Stretch 11:00 AM	Timed Warmup
Level XG (Gym1)		# Gymnasts 63	March In	Awards
Gym	Level	# Gymnasts		

Bainbridge (BIGC)	XG	4
Cascade Elite West	XG	9
Ground Zero	XG	2
Gym Plus Yakima	XG	3
Mercy	XG	2
Metropolitan	XG	16
Mt. Si Gym	XG	7
Naydenov	XG	11
Northshore	XG	9

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Sunday, December 11, 2022	Session: 12	Open Stretch 11:00 AM	Timed Warmup
Level 2 (Gym2)	# Gymnasts 63	March In	Awards
Gym	Level	# Gymnasts	
Alpha	2	20	
Black Hills	2	22	
Crystals	2	11	
Mt Baker	2	10	

Sunday, December 11, 2022	Session: 13	Open Stretch 2:30 PM	Timed Warmup
Level XP/XD (Gym1)	# Gymnasts 72	March In	Awards
Gym	Level	# Gymnasts	
Bainbridge (BIGC)	XP	5	
Cascade Elite West	XD	3	
Cascade Elite West	XP	11	
Grace	XD	4	
Grace	XP	2	
Gym Plus Yakima	XD	1	
Gym Plus Yakima	XP	5	
Metropolitan	XD	13	
Metropolitan	XP	10	
Mt. Si Gym	XP	4	
Naydenov	XP	2	
NGTC	XD	4	
Northshore	XP	8	

Sunday, December 11, 2022	Session: 14	Open Stretch 2:00 PM	Timed Warmup
Level XS (Gym2)	# Gymnasts 62	March In	Awards
Gym	Level	# Gymnasts	
Bainbridge (BIGC)	XS	4	
Cascade Elite West	XS	6	
Grace	XS	13	
Ground Zero	XS	5	
Gym Plus Yakima	XS	9	
Mercy	XS	6	
Northshore	XS	19	

Sunday, December 11, 2022	Session: 15	Open Stretch 6:00 PM	Timed Warmup
Level 5 (Gym1)	# Gymnasts 60	March In	Awards
Gym	Level	# Gymnasts	
Black Hills	5	8	
Cascade Elite West	5	4	
Grace	5	8	
Metropolitan	5	15	
Mt Baker	5	1	
Naydenov	5	12	
Northshore	5	7	
Westside	5	5	

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Sunday, December 11, 2022	Session: 16	Open Stretch 5:00 PM	Timed Warmup
Level XB (Gym2)	# Gymnasts 85	March In	Awards
Gym	Level	# Gymnasts	

Bainbridge (BIGC)	XB	2
Cascade Elite West	XB	17
Grace	XB	10
Ground Zero	XB	5
Gym Plus Yakima	XB	3
Mercy	XB	2
Metropolitan	XB	22
Mt Baker	XB	1
Naydenov	XB	18
NGTC	XB	5