

2023 Holiday Express

Session Summary

Dec 8-10, 2023

Friday, December 8, 2023		Session: 01	Open Stretch 8:00 AM	Timed Warmup
Level 3 (Gym1)		# Gymnasts 74	March In	Awards
Gym	Level	# Gymnasts		
Alpha	3	17		
Ground Zero	3	4		
Gym Unlimited	3	5		
High Flight	3	10		
Metropolitan	3	21		
Northshore	3	16		
Olympic	3	1		

Friday, December 8, 2023		Session: 02	Open Stretch 8:30 AM	Timed Warmup
Level XB (Gym 2)		# Gymnasts 53	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XB	28		
Ground Zero	XB	8		
Gym Plus Yakima	XB	2		
Mt Baker	XB	1		
Olympic	XB	14		

Friday, December 8, 2023		Session: 03	Open Stretch 11:00 AM	Timed Warmup
Level 3 (Gym1)		# Gymnasts 77	March In	Awards
Gym	Level	# Gymnasts		
Black Hills	3	15		
Crystals	3	12		
Mt Baker	3	9		
Mt. Si Gym	3	11		
Naydenov	3	8		
Olympic	3	4		
Westside	3	18		

Friday, December 8, 2023		Session: 04	Open Stretch 11:30 AM	Timed Warmup
Level XB (Gym 2)		# Gymnasts 46	March In	Awards
Gym	Level	# Gymnasts		
Klahhane	XB	4		
Mercy	XB	7		
Metropolitan	XB	29		
Naydenov	XB	6		

Friday, December 8, 2023		Session: 05	Open Stretch 2:30 PM	Timed Warmup
Level 4		# Gymnasts 58	March In	Awards
Gym	Level	# Gymnasts		
Alpha	4	11		
Cascade Elite West	4	6		
Crystals	4	15		
Mt. Si Gym	4	9		
Olympic	4	8		
Westside	4	9		

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Friday, December 8, 2023		Session: 06	Open Stretch 5:30 PM	Timed Warmup
Level 4		# Gymnasts 63	March In	Awards
Gym	Level	# Gymnasts		
Black Hills	4	10		
Ground Zero	4	3		
Gym Unlimited	4	2		
High Flight	4	8		
Metropolitan	4	12		
Mt Baker	4	9		
Naydenov	4	11		
Northshore	4	8		

Saturday, December 9, 2023		Session: 07	Open Stretch 8:00 AM	Timed Warmup
Level 7		# Gymnasts 54	March In	Awards
Gym	Level	# Gymnasts		
Black Hills	7	3		
Cascade Elite West	7	13		
CRG	7	9		
Crystals	7	2		
High Flight	7	1		
Metropolitan	7	12		
Mid Columbia	7	1		
Naydenov	7	4		
Northshore	7	2		
Olympic	7	2		
Peak Gym	7	1		
Westside	7	4		

Saturday, December 9, 2023		Session: 08	Open Stretch 11:00 AM	Timed Warmup
Level 8		# Gymnasts 59	March In	Awards
Gym	Level	# Gymnasts		
Black Hills	8	7		
Cascade Elite West	8	7		
CRG	8	7		
Crystals	8	1		
High Flight	8	2		
Metropolitan	8	13		
Mid Columbia	8	3		
Mt Baker	8	1		
Naydenov	8	1		
NGTC	8	2		
Northshore	8	6		
Olympic	8	3		
Peak Gym	8	2		
Westside	8	4		

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Saturday, December 9, 2023		Session: 09	Open Stretch 3:00 PM	Timed Warmup
Level 9/10		# Gymnasts 55	March In	Awards
Gym	Level	# Gymnasts		
Black Hills	9	1		
Cascade Elite West	9	3		
CRG	10	3		
CRG	9	5		
Metropolitan	10	9		
Metropolitan	9	4		
Naydenov	10	7		
Naydenov	9	6		
NGTC	9	1		
Northshore	10	2		
Northshore	9	3		
Olympic	10	2		
Olympic	9	3		
Peak Gym	9	1		
Westside	10	2		
Westside	9	3		

Saturday, December 9, 2023		Session: 10	Open Stretch 6:00 PM	Timed Warmup
Level 6		# Gymnasts 78	March In	Awards
Gym	Level	# Gymnasts		
Black Hills	6	3		
Cascade Elite West	6	12		
CRG	6	11		
Metropolitan	6	10		
Mid Columbia	6	6		
Mt Baker	6	1		
Naydenov	6	13		
Northshore	6	5		
Olympic	6	4		
Peak Gym	6	6		
Westside	6	7		

Sunday, December 10, 2023		Session: 11	Open Stretch 8:00 AM	Timed Warmup
Level XG (Gym 1)		# Gymnasts 51	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XG	5		
Ground Zero	XG	8		
Klahhane	XG	5		
Metropolitan	XG	20		
Olympic	XG	13		

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Sunday, December 10, 2023		Session: 12	Open Stretch 8:30 AM	Timed Warmup
Level XS (Gym 2)		# Gymnasts 73	March In	Awards
Gym	Level	# Gymnasts		
Gym Plus Yakima	XS	14		
Mt. Si Gym	XS	11		
Naydenov	XS	19		
NGTC	XS	12		
Northshore	XS	17		

Sunday, December 10, 2023		Session: 13	Open Stretch 11:00 AM	Timed Warmup
Level XG+5 (Gym 1)		# Gymnasts 65	March In	Awards
Gym	Level	# Gymnasts		
Alpha	5	8		
Black Hills	5	7		
Ground Zero	5	3		
Gym Plus Yakima	XG	1		
Gym Unlimited	5	1		
Gym Unlimited	XG	5		
Metropolitan	5	2		
Mt Baker	5	1		
Mt. Si Gym	5	1		
Mt. Si Gym	XG	6		
Naydenov	5	7		
Naydenov	XG	12		
NGTC	XG	7		
Olympic	5	1		
Westside	5	3		

Sunday, December 10, 2023		Session: 14	Open Stretch 11:30 AM	Timed Warmup
Level XS (Gym 2)		# Gymnasts 82	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XS	21		
Ground Zero	XS	9		
Gym Unlimited	XS	2		
Klahhane	XS	6		
Mercy	XS	7		
Metropolitan	XS	22		
Olympic	XS	15		

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Sunday, December 10, 2023	Session: 15	Open Stretch 3:00 PM	Timed Warmup
Level XP (Gym 1)	# Gymnasts 68	March In	Awards
Gym	Level	# Gymnasts	

Cascade Elite West	XP	7
Gym Plus Yakima	XP	2
Gymagine	XP	3
Klahhane	XP	4
Metropolitan	XP	17
Mt. Si Gym	XP	6
Naydenov	XP	10
Northshore	XP	6
Olympic	XP	13

Sunday, December 10, 2023	Session: 16	Open Stretch 3:00 PM	Timed Warmup
Level 2 (Gym 2)	# Gymnasts 51	March In	Awards
Gym	Level	# Gymnasts	

Black Hills	2	22
Crystals	2	12
High Flight	2	10
Mt Baker	2	7

Sunday, December 10, 2023	Session: 17	Open Stretch 6:00 PM	Timed Warmup
Level XD/G/SA (Gym1)	# Gymnasts 44	March In	Awards
Gym	Level	# Gymnasts	

Cascade Elite West	XD	2
Gym Plus Yakima	XD	2
Gymagine	XD	4
Gymagine	XSA	2
Mercy	XG	4
Metropolitan	XD	8
Metropolitan	XSA	3
NGTC	XD	2
Northshore	XG	9
Olympic	XD	5
Olympic	XSA	3

Sunday, December 10, 2023	Session: 18	Open Stretch 5:30 PM	Timed Warmup
Level 2 (Gym 2)	# Gymnasts 48	March In	Awards
Gym	Level	# Gymnasts	

Alpha	2	22
Cascade Elite West	2	13
Metropolitan	2	13