

2025 Holiday Express

Session Summary

Dec 12-14, 2025

Friday, December 12, 2025	Session: 01	Open Stretch 9:00 AM	Timed Warmup
Level 2	# Gymnasts 48	March In	Awards
Gym	Level	# Gymnasts	

High Flight	2	13
LIU'S GYM	2	8
Metropolitan	2	12
Mt. Si Gym	2	10
Northshore	2	5

Friday, December 12, 2025	Session: 02	Open Stretch 11:30 AM	Timed Warmup
Level 4	# Gymnasts 63	March In	Awards
Gym	Level	# Gymnasts	

High Flight	4	6
Metropolitan	4	12
Mid Columbia	4	15
Morrison Gymnastics	4	7
Northshore	4	11
Westside	4	12

Friday, December 12, 2025	Session: 03	Open Stretch 2:30 PM	Timed Warmup
Level 4/5	# Gymnasts 55	March In	Awards
Gym	Level	# Gymnasts	

Cascade Elite West	4	2
Cascade Elite West	5	12
Metropolitan	5	8
Morrison Gymnastics	5	5
Mt. Si Gym	4	4
Mt. Si Gym	5	3
Nova Elite	4	10
Nova Elite	5	1
Westside	5	10

Friday, December 12, 2025	Session: 04	Open Stretch 5:30 PM	Timed Warmup
Level XP XG XD XSA	# Gymnasts 63	March In	Awards
Gym	Level	# Gymnasts	

Cascade Elite West	XD	9
Cascade Elite West	XP	5
Gym Plus Yakima	XD	1
Klahhane	XP	2
Metropolitan	XD	11
Metropolitan	XP	14
Metropolitan	XSA	1
Mid Columbia	XP	7
Northshore	XD	5
Northshore	XP	8

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Saturday, December 13, 2025		Session: 05	Open Stretch 8:00 AM	Timed Warmup
Level 6/7		# Gymnasts 59	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	6	5		
Cascade Elite West	7	1		
High Flight	6	5		
High Flight	7	1		
Metropolitan	6	4		
Metropolitan	7	4		
Mid Columbia	6	9		
Mid Columbia	7	1		
Morrison Gymnastics	6	2		
Mt. Si Gym	6	1		
Naydenov	6	7		
Naydenov	7	8		
Nova Elite	6	2		
Nova Elite	7	1		
Westside	7	8		

Saturday, December 13, 2025		Session: 06	Open Stretch 11:30 AM	Timed Warmup
Level 8		# Gymnasts 30	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	8	2		
Gym Plus Yakima	8	1		
High Flight	8	1		
Metropolitan	8	8		
Morrison Gymnastics	8	1		
Naydenov	8	2		
Northshore	8	5		
Westside	8	10		

Saturday, December 13, 2025		Session: 07	Open Stretch 2:30 PM	Timed Warmup
Level 9/10		# Gymnasts 38	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	9	2		
High Flight	9	1		
Metropolitan	10	5		
Metropolitan	9	12		
Mid Columbia	9	3		
Naydenov	10	4		
Naydenov	9	2		
Northshore	10	2		
Nova Elite	9	1		
Westside	10	3		
Westside	9	3		

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Saturday, December 13, 2025		Session: 08	Open Stretch 5:30 PM	Timed Warmup
Level XG		# Gymnasts 80	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XG	10		
Gym Plus Yakima	XG	11		
Klahhane	XG	4		
Metropolitan	XG	34		
Mid Columbia	XG	8		
Northshore	XG	11		
Nova Elite	XG	2		

Sunday, December 14, 2025		Session: 09	Open Stretch 8:30 AM	Timed Warmup
Level XB		# Gymnasts 59	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XB	27		
Gym Plus Yakima	XB	7		
Klahhane	XB	4		
Metropolitan	XB	21		

Sunday, December 14, 2025		Session: 10	Open Stretch 11:30 AM	Timed Warmup
Level XS		# Gymnasts 47	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	XS	21		
Mid Columbia	XS	8		
Northshore	XS	18		

Sunday, December 14, 2025		Session: 11	Open Stretch 2:00 PM	Timed Warmup
Level XS		# Gymnasts 52	March In	Awards
Gym	Level	# Gymnasts		
Gym Plus Yakima	XS	5		
Klahhane	XS	9		
Metropolitan	XS	38		

Sunday, December 14, 2025		Session: 12	Open Stretch 4:30 PM	Timed Warmup
Level 3		# Gymnasts 70	March In	Awards
Gym	Level	# Gymnasts		
Cascade Elite West	3	13		
High Flight	3	12		
Metropolitan	3	6		
Morrison Gymnastics	3	7		
Mt. Si Gym	3	10		
Northshore	3	3		
Nova Elite	3	9		
Westside	3	10		