



April 28 -30, 2023

Friday

All times are Stretch Times

As always, we recommend checking schedule prior to competition for any last minute changes

Session 1:	7:30 am Diamond:
Apex, GMGC-Centereach, GMGC-Huntington, Gotham, Gymtime NYC, Hills, Progressive	
Session 2:	9:15 am Diamond:
Elite, Gym-Nest, Infiniti Elite, Julie's, MGA, Silver Stars	
Session 3:	11:30 am Silver:
BK, Discovery, Elite, Five Star, Flips, GMGC-GC, GMGC-Smithtown, GymNation, Gym City, Infiniti Elite, Levels, MGA, Mid Island, NEG, New Image, NYCE-Tribeca, NYCE-UES, Sagamore, Silver Stars	
Session 4:	2:00 pm Diamond:
BK, Discovery, GMGC-GC, GMGC-Smithtown, Gym City, HGE, Levels, NEG, New Image, NYCE-UES	
Session 5:	4:15 pm Silver:
Apex, GMGC-Centereach, GMGC-Huntington, Gotham, Gym-Nest Gymtime NYC, Hills, Julies, NYCE-UWS	
Session 6:	6:45 pm Gold & Platinum:
Apex, BK, Elite, Five Star, GMGC-Centereach, GMGC-Huntington, GMGC-Smithtown, Infiniti Elite, Julies, Levels, New Image, NYCE-Tribeca, NYCE-UWS	

Directions to Hofstra:





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Saturday

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Session 7:	7:30 am Copper 2: NEG, NYCE-Tribeca, NYCE-UES, NYCE-UWS
Session 8:	10:00 am Copper 2: Discovery, Flips, HGE, New Image, Progressive, Silver Stars
Session 9:	12:15 pm Copper 2: Gotham, Gym City, Gymtime NYC, Levels, LI Elite
Session 10:	2:30 pm Copper 2: Apex, BK, Core, Elite, Five Star, GymNation, Infiniti Elite, Julies, MGA, Mid Island, Phoenix, Sagamore
Session 11:	5:00 pm Bronze: Elite, NEG, NYCE-Tribeca, NYCE-UES
Session 12:	7:15 pm Bronze: Five Star, GMGC-GC, GMGC-Huntington, Gym City, Hills, Sagamore

Directions to Hofstra:





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Sunday:

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Session 13:	7:30 am Copper 1: Gym City, Hills, NYCE-UWS, Silver Stars
Session 14:	10:00 am Copper 1: BK, Core, Elite, Flips, GymNation, HGE, Hot Shots, Infiniti Elite, Julies, Mid Island, Phoenix, Progressive, VGC
Session 15:	12:15 pm Copper 1: Gymtime NYC, New Image, NYCE-Tribeca, NYCE-UES, Sagamore
Session 16:	2:15 pm Copper 1: Apex, Discovery, Five Star, Gotham, Levels, NEG
Session 17:	4:45 pm Bronze: BK, Discovery, GMGC-Centereach, GMGC-Smithtown, Gymtime NYC, Levels, NYCE-UWS, Progressive
Session 18:	7:00 pm Bronze: Apex, Core, Flips, Gotham, Gym-Nest, GymNation, Infiniti Elite, Julies, MGA, Mid Island, New Image, Phoenix, Silver Stars, VGC

Directions to Hofstra:

