



2023 Stafford Men's Invitational Session Times

Updated January 4th (updates in red)

Friday, January 27th

Session 1	10:00 AM	Open Stretch
Level 3D2, 4D2 & Bronze	2:00 PM	Awards
Above the Bar, Aerial East, Apex, Dreams, Dynamic, Gym America, Gymnastics World, Gymstrada, Paragon, Shenandoah, Williamsburg, Youth Sports		

Session 2	2:30 PM	Open Stretch
Level 3D1 & Silver	6:30 PM	Awards
Aerial East, Apex, Dreams, Dynamic, G Force, Gym America, Gymnastics World, Gymstrada, Paragon, Pure, Stafford Royals, Williamsburg, Youth Sports		

Saturday, January 28th

Session 3	9:00 AM	Open Stretch
Level 4D1, 5D2 & Gold	1:00 PM	Awards
Above the Bar, Aerial East, Apex, Dynamic, G Force, Gym America, Gymstrada, Pure, Stafford Royals, Williamsburg, Youth Sports		

Session 4	1:30 PM	Open Stretch
Level 5D1, 7 through 10 & Platinum	5:30 PM	Awards
Above the Bar, Aerial East , Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Pure, Shenandoah		

*Live scoring will be available at
MeetScoresOnline.com and myUSAGym.com*