

# Spirit Of The Flame 2024

## Session Summary

Mar 7-11, 2024

<b>Friday, March 8, 2024</b>		<b>Session: 04</b>	<b>Open Warmup 6:00 PM</b>	<b>March In</b>
<b>Plat / 6,7</b>		<b># Gymnasts 65</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
American	6	2		
American	7	1		
Apex	XP	4		
Bay Aerials	6	5		
Diablo	XP	4		
HITS	6	4		
International	XP	5		
Luna	XP	6		
Marin Elite	6	4		
Marin Elite	7	1		
Monterey Bay	6	3		
Monterey Bay	7	6		
NorCal Elite	7	3		
Titans	6	9		
Ultimate Sports	6	6		
Ultimate Sports	7	2		

<b>Saturday, March 9, 2024</b>		<b>Session: 05</b>	<b>Open Warmup 8:00 AM</b>	<b>March In</b>
<b>Gold</b>		<b># Gymnasts 61</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
Airborne	XG	21		
Apex	XG	9		
Bay Island	XG	2		
Fusion	XG	3		
Los Gatos	XG	8		
Rohnert Park	XG	18		

<b>Saturday, March 9, 2024</b>		<b>Session: 06</b>	<b>Open Warmup 11:00 AM</b>	<b>March In</b>
<b>Silver</b>		<b># Gymnasts 65</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
Airborne	XS	9		
Apex	XS	15		
Bay Island	XS	7		
Fusion	XS	5		
Luna	XS	3		
Peninsula SM	XS	11		
Rohnert Park	XS	15		

<b>Saturday, March 9, 2024</b>		<b>Session: 07</b>	<b>Open Warmup 2:00 PM</b>	<b>March In</b>
<b>Bronze</b>		<b># Gymnasts 62</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
Apex	XB	13		
Imperial	XB	9		
Los Gatos	XB	22		
Luna	XB	9		
Peninsula SM	XB	9		

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Mar 7-11, 2024

<b>Saturday, March 9, 2024</b>		<b>Session: 08</b>	<b>Open Warmup 5:00 PM</b>	<b>March In</b>
<b>8, 9, 10 / Diamond</b>		<b># Gymnasts 69</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
Airborne	XD	6		
American	9	1		
American	XD	4		
Bay Aerials	10	2		
Bay Aerials	8	1		
Bay Aerials	9	1		
Bay Island	XD	5		
Diablo	XD	2		
HITS	10	3		
HITS	8	1		
HITS	9	3		
Legacy	9	2		
Luna	XD	1		
Marin Elite	8	3		
Marin Elite	9	1		
NorCal Elite	10	1		
NorCal Elite	9	1		
NorCal Elite	XD	6		
Peninsula SM	XD	8		
Rohnert Park	XD	6		
Sonoma	XD	1		
Titans	XD	5		
Ultimate Sports	8	4		
Ultimate Sports	9	1		

<b>Sunday, March 10, 2024</b>		<b>Session: 09</b>	<b>Open Warmup 8:00 AM</b>	<b>March In</b>
<b>Gold</b>		<b># Gymnasts 64</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
American	XG	14		
Diablo	XG	9		
International	XG	17		
Luna	XG	5		
Peninsula SM	XG	9		
Titans	XG	10		

<b>Sunday, March 10, 2024</b>		<b>Session: 10</b>	<b>Open Warmup 11:00 AM</b>	<b>March In</b>
<b>Silver</b>		<b># Gymnasts 65</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
American	XS	21		
Diablo	XS	8		
Imperial	XS	8		
International	XS	8		
Los Gatos	XS	18		
Sonoma	XS	2		

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Mar 7-11, 2024

<b>Sunday, March 10, 2024</b>		<b>Session: 11</b>	<b>Open Warmup 2:00 PM</b>	<b>March In</b>
<b>Bronze</b>		<b># Gymnasts 62</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
American	XB	21		
Fusion	XB	3		
IFlip	XB	12		
Los Gatos	XB	21		
Rippon	XB	1		
Sonoma	XB	4		

<b>Sunday, March 10, 2024</b>		<b>Session: 12</b>	<b>Open Warmup 5:00 PM</b>	<b>March In</b>
<b>Platinum</b>		<b># Gymnasts 58</b>	<b>Timed Warmup</b>	<b>Awards</b>
<b>Gym</b>	<b>Level</b>	<b># Gymnasts</b>		
Airborne	XP	15		
American	XP	7		
Bay Island	XP	5		
Peninsula SM	XP	8		
Rohnert Park	XP	11		
Sonoma	XP	2		
Titans	XP	10		