

2023 Iron Sharpens Iron

Meet Schedule **UPDATED FRIDAY TIMES**

Nov 3-5, 2023

Friday, November 3, 2023		Session: 1	Stretch 12:00 PM	W/U Compete 12:30 PM
Level 2		# Gymnasts 60	Intro 12:20 PM	Awards 2:40 PM
Gym	Level	# Gymnasts		
Ingrid's Bham Elite	2	8		
Southern States	2	24		
Titans	2	12		
Vision	2	16		

Friday, November 3, 2023		Session: 2	Stretch 2:55 PM	W/U Compete 3:25 PM
XB/XS		# Gymnasts 71	Intro 3:15 PM	Awards 5:55 PM
Gym	Level	# Gymnasts		
ARK WinGS	XS	6		
Armory Athletics	XS	7		
Greenville	XB	6		
Greenville	XS	5		
Ingrid's Bham Elite	XB	6		
Opelika Power Ath	3	1		
T N T Tumblers	XB	12		
T N T Tumblers	XS	8		
Tumbling Tides	XS	8		
Zee's Gymnastics	XB	7		
Zee's Gymnastics	XS	5		

Friday, November 3, 2023		Session: 3	Stretch 6:10 PM	W/U Compete 6:40 PM
Level 3		# Gymnasts 68	Intro 6:30 PM	Awards 9:15 PM
Gym	Level	# Gymnasts		
Armory Athletics	3	11		
Ingrid's Bham Elite	3	8		
JAMJEV	3	10		
Opelika Power Ath	3	6		
Titans	3	17		
Trussville	3	9		
Zee's Gymnastics	3	7		

Saturday, November 4, 2023		Session: 4	Stretch 8:00 AM	W/U Compete 8:30 AM
Level 1		# Gymnasts 67	Intro 8:20 AM	Awards 10:40 AM
Gym	Level	# Gymnasts		
ARK WinGS	1	23		
Armory Athletics	1	6		
Ingrid's Bham Elite	1	13		
Southern States	1	18		
Zee's Gymnastics	1	7		

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Saturday, November 4, 2023		Session: 5	Stretch 10:55 AM	W/U Compete 11:25 AM
Level 3		# Gymnasts 57	Intro 11:15 AM	Awards 2:00 PM
Gym	Level	# Gymnasts		

ARK WinGS	3	13
Auburn Gymnastics	3	13
Southern States	3	17
Vision	3	14

Saturday, November 4, 2023		Session: 6	Stretch 2:15 PM	W/U Compete 2:45 PM
Level 4		# Gymnasts 63	Intro 2:35 PM	Awards 6:00 PM
Gym	Level	# Gymnasts		

ARK WinGS	4	10
Armory Athletics	4	5
Auburn Gymnastics	4	4
Auburn Gymnastics	HUG	1
Ingrid's Bham Elite	4	2
Opelika Power Ath	4	3
Southern States	4	11
Titans	4	6
Trussville	4	5
Vision	4	8
Zee's Gymnastics	4	8

Saturday, November 4, 2023		Session: 7	Stretch 6:15 PM	W/U Compete 6:45 PM
Lev 5/XG/XP		# Gymnasts 57	Intro 6:35 PM	Awards 9:45 PM
Gym	Level	# Gymnasts		

ARK WinGS	5	2
ARK WinGS	XG	7
Armory Athletics	5	6
Armory Athletics	XG	2
Greenville	XG	2
Greenville	XP	3
Ingrid's Bham Elite	XG	1
Opelika Power Ath	5	2
Southern States	5	3
T N T Tumblers	5	2
Trussville	5	8
Tumbling Tides	XG	7
Vision	5	5
Zee's Gymnastics	XG	7

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Sunday, November 5, 2023	Session: 8	Stretch 2:00 PM	W/U Compete 2:30 PM
Level 2/6/7/8/9	# Gymnasts 55	Intro 2:20 PM	Awards 5:00 PM
Gym	Level	# Gymnasts	

ARK WinGS	2	20
ARK WinGS	6	2
ARK WinGS	7	2
Armory Athletics	2	7
Auburn Gymnastics	2	10
Opelika Power Ath	9	1
Tumbling Tides	7	1
Tumbling Tides	8	1
Vision	6	1
Vision	7	1
Zee's Gymnastics	2	9