

Fall Flip Invitational 2025

Traditional Gymnastics @ Sampson County Exposition Center

November 15, 2025 - November 16, 2025

Session 1: Level 2, 3

Saturday, Nov 15, 2025

36 gymnasts

Format: Modified Traditional

Open Stretch Begins: 10:30 AM

March In: 10:50 AM

Awards: 12:30 PM

Session 2: Bronze

31 gymnasts

Format: Modified Traditional

Open Stretch Begins: 12:45 PM

March In: 1:05 PM

Awards: 2:30 PM

Session 3: Silver

37 gymnasts

Format: Modified Traditional

Open Stretch Begins: 2:45 PM

March In: 3:05 PM

Awards: 4:55 PM

Session 4: Level 6,7,8,9, Platinum, Diamond

34 gymnasts

Format: Modified Traditional

Open Stretch Begins: 5:10 PM

March In: 5:30 PM

Awards: 8:05 PM

Session 5: Level 4, Gold

Sunday, Nov 16, 2025

41 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:10 AM

Session 6: AAU Level 1, 2, Bronze, Silver

18 gymnasts

Format: Modified Traditional

Open Stretch Begins: 11:25 AM

March In: 11:45 AM

Awards: 12:55 PM

Session 7: Fun Session

24 gymnasts

Format: Modified Traditional

Open Stretch Begins: 1:10 PM

March In: 1:30 PM

Awards: 2:30 PM