

Friday, January 27th, 2023

| Red Gym | | |
|---------|---------------------------|---------------------------------------------------------------------------------------------|
| 7:45am | Check-in | Session 1: lvl 6 |
| 8:00am | Open Stretch | KGI |
| 8:20am | Announcements | MCGC |
| 8:30am | Flight A Timed Warm-up | Olympia*** |
| | Awards to directly follow | MAG Phoenix |
| 11:30am | Open Stretch | Session 2: Lvl 6/7 |
| 11:50am | Announcements | Level 6 |
| 12:00pm | Flight A Warm-Up | Branch |
| | Awards to directly follow | BVA EuroStars GT Bay PGA Rose City Water's Edge |
| | | Level 7 |
| | | BVA FGC KGI Pheonix Rose City Troy |
| 3:00pm | Open Stretch | Session 3: Lvl 7 |
| 3:20pm | Announcements | Branch |
| 3:30pm | Flight A Warm-Up | EuroStars |
| | Awards to directly follow | GT Bay MAG MOG Olympia*** PGA Stuck |
| 6:20pm | Open Stretch | Session 4: Lvl 8 |
| 6:40pm | Announcement | BVA |
| 6:50pm | Flight A Warm-Up | Bounce |
| | Awards to directly follow | CGA2 EuroStars KGI MCGC MAG** OGA PGA Pheonix SSGA Stuck Troy |

| Black Gym | | |
|-----------|---------------------------|-------------------------------------------------------------------|
| 7:45am: | Check-in | Session 8: Silver |
| 8:00am | Open Stretch | Branch*** |
| 8:20am | Announcements | Eurostars** |
| 8:30am | Flight A Timed Warm-up | Mills |
| | Awards to directly follow | Olympia*** |
| 11:30am | Open Stretch | Session 7: Silver |
| 11:50am | Announcements | American All-Stars |
| 12:00pm | Flight A Warm-up | Bounce |
| | Awards to directly follow | Boyne Area CGA2 Cutting Edge MOG PAX SSGA Stuck |
| 3:00pm | Open Stretch | Session 6: Bronze/Silver |
| 3:20pm | Announcements | Bronze |
| 3:30pm | Flight A Warm-Up | Boyne Area |
| | Awards to directly follow | PAX Rose City Stuck |
| | | Silvers |
| | | BVA FGC KGI Pheonix Rose City SC Troy |
| 6:20pm | Open Stretch | Session 5: Bronze |
| 6:40pm | Announcements | American All-Stars |
| 6:50pm | Flight A Warm-Up | Eurostars** |
| | Awards to directly follow | OGA** SC** |

*denotes how many groups the team will be in