



## COMPETITION SCHEDULE

**FRIDAY, APRIL 26<sup>TH</sup>**

### GYM A

#### SESSION 1A

*XCEL GOLD*

*CHILD A, B, & C*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards (Tentative)	11:10 AM

#### SESSION 2A

*XCEL GOLD*

*CHILD D, E, & F*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards (Tentative)	2:40 PM

#### SESSION 3A

*XCEL GOLD*

*CHILD G, H, & I*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards (Tentative)	6:10 PM

#### SESSION 4A

*XCEL GOLD*

*JUNIOR A, B, & C*

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:12 PM
Awards (Tentative)	9:40 PM



## COMPETITION SCHEDULE

**FRIDAY, APRIL 26<sup>TH</sup>**

### GYM B

#### SESSION 1B

*XCEL DIAMOND /  
SAPPHIRE – ALL  
XD – SENIOR A & B*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:46 AM
Awards (Tentative)	11:10 AM

#### SESSION 2B

*XCEL DIAMOND  
JUNIOR A & B*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:17 PM
Awards (Tentative)	2:40 PM

#### SESSION 3B

*XCEL DIAMOND  
CHILD A & B*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:47 PM
Awards (Tentative)	6:10 PM

#### SESSION 4B

*XCEL PLATINUM  
CHILD A & B*

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards (Tentative)	9:30 PM



# COMPETITION SCHEDULE

## SATURDAY, APRIL 27<sup>TH</sup>

### GYM A

#### SESSION 5A

*XCEL GOLD*

*JUNIOR D, E, & F*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards (Tentative)	11:10 AM

#### SESSION 6A

*XCEL GOLD*

*JUNIOR G, H, & I*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards (Tentative)	2:40 PM

#### SESSION 7A

*XCEL GOLD*

*JUNIOR J, K, & L*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards (Tentative)	6:10 PM

#### SESSION 8A

*XCEL GOLD*

*SENIOR A, B, & C*

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:12 PM
Awards (Tentative)	9:40 PM



# COMPETITION SCHEDULE

## SATURDAY, APRIL 27<sup>TH</sup>

### GYM B

#### SESSION 5B

*XCEL PLATINUM*

*CHILD C & D*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards (Tentative)	11:00 AM

#### SESSION 6B

*XCEL PLATINUM*

*JUNIOR A & B*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards (Tentative)	2:30 PM

#### SESSION 7B

*XCEL PLATINUM*

*JUNIOR C & D*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards (Tentative)	6:00 PM

#### SESSION 8B

*XCEL PLATINUM*

*JUNIOR E & F*

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards (Tentative)	9:30 PM



## COMPETITION SCHEDULE

**SUNDAY, APRIL 28<sup>TH</sup>**

### GYM A

#### **SESSION 9A**

**XCEL GOLD**

*SENIOR D, E, & F*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards (Tentative)	11:10 AM

#### **SESSION 10A**

**XCEL GOLD**

*SENIOR G, H, & I*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards (Tentative)	2:40 PM

#### **SESSION 11A**

**XCEL GOLD**

*SENIOR J, K, & L*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards (Tentative)	6:10 PM



## COMPETITION SCHEDULE

**SUNDAY, APRIL 28<sup>TH</sup>**

### GYM B

#### SESSION 9B

*XCEL PLATINUM*

*JUNIOR G & H*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards (Tentative)	11:00 AM

#### SESSION 10B

*XCEL PLATINUM*

*SENIOR A & B*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards (Tentative)	2:30 PM

#### SESSION 11B

*XCEL PLATINUM*

*SENIOR C & D*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards (Tentative)	6:00 PM

#### SESSION 12B

*XCEL PLATINUM*

*SENIOR E & F*

General Stretch	6:15 PM
Introductions	6:35 PM
Timed Warm Up	6:45 PM
Competition Begins	7:00 PM
Awards (Tentative)	9:15 PM