



## COMPETITION SCHEDULE

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

### GYM A

#### SESSION 1A

**XCEL GOLD**

**CHILD A – 1, 2, & 3**

*(Prev. Ch 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 B – 1, 2, & 3**

*(Prev. Ch 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 C – 1, 2, & 3**

*(Prev. Ch 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**

**CHILD D – 1, 2, & 3**

*(Prev. Jr 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

|   |  |
|---|--|
| <p><b>SESSION 1B</b><br/> <i>XCEL DIAMOND /</i><br/> <i>SAPPHIRE – ALL</i><br/> <i>XD – SENIOR 1-2</i></p>          | <p>General Stretch 8:00 AM<br/>           Introductions 8:20 AM<br/>           Timed Warm Up 8:30 AM<br/>           Competition Begins 8:46 AM<br/>           Awards (Tentative) 11:10 AM</p>    |
| <p><b>SESSION 2B</b><br/> <i>XCEL DIAMOND</i><br/> <i>JUNIOR 1 – 2</i><br/> <i>(Prev. Jr A &amp; B)</i></p>         | <p>General Stretch 11:30 AM<br/>           Introductions 11:50 AM<br/>           Timed Warm Up 12:00 PM<br/>           Competition Begins 12:17 PM<br/>           Awards (Tentative) 2:40 PM</p> |
| <p><b>SESSION 3B</b><br/> <i>XCEL DIAMOND</i><br/> <i>CHILD 1 – 2</i><br/> <i>(Prev. Ch A &amp; B)</i></p>          | <p>General Stretch 3:00 PM<br/>           Introductions 3:20 PM<br/>           Timed Warm Up 3:30 PM<br/>           Competition Begins 3:47 PM<br/>           Awards (Tentative) 6:10 PM</p>     |
| <p><b>SESSION 4B</b><br/> <i>XCEL PLATINUM</i><br/> <i>CHILD A – 1 &amp; 2</i><br/> <i>(Prev. Ch A &amp; B)</i></p> | <p>General Stretch 6:30 PM<br/>           Introductions 6:50 PM<br/>           Timed Warm Up 7:00 PM<br/>           Competition Begins 7:15 PM<br/>           Awards (Tentative) 9:30 PM</p>     |



# COMPETITION SCHEDULE

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

### GYM A

|  |  |
|--|--|
| <p><b>SESSION 5A</b><br/> <b>XCEL GOLD</b><br/> <b>JUNIOR A – 1, 2, &amp; 3</b><br/> <i>(Prev. Jr D, E, &amp; F)</i></p> | <p>General Stretch 8:00 AM<br/>           Introductions 8:20 AM<br/>           Timed Warm Up 8:30 AM<br/>           Competition Begins 8:42 AM<br/>           Awards (Tentative) 11:10 AM</p>    |
| <p><b>SESSION 6A</b><br/> <b>XCEL GOLD</b><br/> <b>JUNIOR B – 1, 2, &amp; 3</b><br/> <i>(Prev. Jr G, H, &amp; I)</i></p> | <p>General Stretch 11:30 AM<br/>           Introductions 11:50 AM<br/>           Timed Warm Up 12:00 PM<br/>           Competition Begins 12:12 PM<br/>           Awards (Tentative) 2:40 PM</p> |
| <p><b>SESSION 7A</b><br/> <b>XCEL GOLD</b><br/> <b>JUNIOR C – 1, 2, &amp; 3</b><br/> <i>(Prev. Jr J, K, &amp; L)</i></p> | <p>General Stretch 3:00 PM<br/>           Introductions 3:20 PM<br/>           Timed Warm Up 3:30 PM<br/>           Competition Begins 3:42 PM<br/>           Awards (Tentative) 6:10 PM</p>     |
| <p><b>SESSION 8A</b><br/> <b>XCEL GOLD</b><br/> <b>JUNIOR D – 1, 2, &amp; 3</b><br/> <i>(Prev. Sr A, B, &amp; C)</i></p> | <p>General Stretch 6:30 PM<br/>           Introductions 6:50 PM<br/>           Timed Warm Up 7:00 PM<br/>           Competition Begins 7:12 PM<br/>           Awards (Tentative) 9:40 PM</p>     |



# COMPETITION SCHEDULE

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

### GYM B

#### SESSION 5B

*XCEL PLATINUM*

*CHILD B – 1 & 2*

*(Prev. Ch 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*

*CHILD C – 1 & 2*

*(Prev. Jr 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 A – 1 & 2*

*(Prev. Jr 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 B – 1 & 2*

*(Prev. Jr. 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 A – 1, 2, & 3**

*(Prev. Sr 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 B – 1, 2, & 3**

*(Prev. Sr 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 C – 1, 2, & 3**

*(Prev. Sr 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 C – 1 & 2*

*(Prev. Jr 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 – 1 & 2*

*(Prev. Sr 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 B – 1 & 2*

*(Prev. Sr 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 C – 1 & 2*

*(Prev. Sr 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 |