

2023 Region 5 Xcel Championships

Blue Gym		Red Gym	
Thu, May 04, 2023		Thu, May 04, 2023	
Session 1	Xcel Diamond	Session 1	Xcel Platinum
<u>Session 1: XD:</u> JrA / JrB / JrC / JrD		<u>Session 1: XP:</u> SrE / SrF / SrG / SrH	
General Stretch - 9am Intro - 9:20am 1st Warm up - 9:30am		General Stretch - 9am Intro - 9:20am 1st Warm up - 9:30am	
Session 2	Xcel Diamond	Session 2	Xcel Platinum
<u>Session 2: XD:</u> SrA / SrB / SrC / SrD		<u>Session 2: XP:</u> ChA / ChB . State Team A	
General Stretch - 12:30pm Intro - 12:50pm 1st Warm up - 1:00pm		General Stretch - 12:30pm Intro - 12:50pm 1st Warm up - 1:00pm	
Session 3	Xcel Platinum & Diamond	Session 3	Xcel Platinum
<u>Session 3: XD:</u> State Team; <u>XP:</u> SrI SrJ		<u>Session 3: XP:</u> SrA / SrB / SrC / SrD	
General Stretch - 4pm Intro - 4:20pm 1st Warm up - 4:30am		General Stretch - 4pm Intro - 4:20pm 1st Warm up - 4:30am	
Fri, May 05, 2023		Fri, May 05, 2023	
Session 4	Xcel Platinum	Session 4	Xcel Platinum
<u>Session 4: XP:</u> ChC / ChD. State Team B		<u>Session 4: XP:</u> JrG / JrH / JrI / JrJ	
General Stretch - 8am Intro - 8:20am 1st Warm up - 8:30am		General Stretch - 8am Intro - 8:20am 1st Warm up - 8:30am	
Session 5	Xcel Gold	Session 5	Xcel Platinum
<u>Session 5: XG:</u> SrJ / SrK / SrL / SrM		<u>Session 5: XP:</u> JrC / JrD / JrE / JrF	
General Stretch - 11:30am Intro - 11:50am 1st Warm up - 12:00pm		General Stretch - 11:30am Intro - 11:50am 1st Warm up - 12:00pm	
Session 6	Xcel Gold	Session 6	Xcel Platinum
<u>Session 6: XG:</u> ChA / ChB / ChC. State Team B		<u>Session 6: XP:</u> ChI / ChJ / JrA / JrB	
General Stretch - 3pm Intro - 3:20pm 1st Warm up - 3:30pm		General Stretch - 3pm Intro - 3:20pm 1st Warm up - 3:30pm	
Session 7	Xcel Gold	Session 7	Xcel Platinum
<u>Session 7: XG:</u> ChD / ChE / ChF. State Team A		<u>Session 7: XP:</u> ChE / ChF / ChG / ChH	
General Stretch - 6:30pm Intro - 6:50pm 1st Warm up - 7:00pm		General Stretch - 6:30pm Intro - 6:50pm 1st Warm up - 7:00pm	
Final Club Rosters will be email to Clubs.			

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Sat, May 06, 2023		Sat, May 06, 2023	
Session 8	Xcel Gold	Session 8	XS
<u>Session 8: XG:</u> SrF / SrG / SrH / Srl		<u>Session 8: XS:</u> ChG / ChH / ChI / ChJ / ChK	
General Stretch - 8am Intro - 8:20am 1st Warm up - 8:30am		General Stretch - 8am Intro - 8:20am 1st Warm up - 8:30am	
Session 9	Xcel Gold	Session 9	XS
<u>Session 9: XG:</u> SrB / SrC / SrD / SrE		<u>Session 9: XS:</u> JrA / JrB / JrC / JrD / JrE	
General Stretch - 11:30am Intro - 11:50am 1st Warm up - 12:00pm		General Stretch - 11:30am Intro - 11:50am 1st Warm up - 12:00pm	
Session 10	Xcel Gold	Session 10	XS
<u>Session 10: XG:</u> JrK / JrL / JrM / SrA		<u>Session 10: XS:</u> ChA / ChB / ChC. State Team B	
General Stretch - 3pm Intro - 3:20pm 1st Warm up - 3:30pm		General Stretch - 3pm Intro - 3:20pm 1st Warm up - 3:30pm	
Session 11	Xcel Gold	Session 11	XS
<u>Session 11: XG:</u> JrG / JrH / JrI / JrJ		<u>Session 11: XS:</u> ChD / ChE / ChF. State Team A	
General Stretch - 6:30pm Intro - 6:50pm 1st Warm up - 7:00pm		General Stretch - 6:30pm Intro - 6:50pm 1st Warm up - 7:00pm	
Sun, May 07, 2023		Sun, May 07, 2023	
Session 12	Xcel Gold	Session 12	XS
<u>Session 12: XG:</u> JrC / JrD / JrE / JrF		<u>Session 12: XS:</u> JrF / JrG / JrH / JrI / JrJ	
General Stretch - 8am Intro - 8:20am 1st Warm up - 8:30am		General Stretch - 8am Intro - 8:20am 1st Warm up - 8:30am	
Session 13	Xcel Gold	Session 13	XS
<u>Session 13: XG:</u> ChK / ChL / JrA / JrB		<u>Session 13: XS:</u> SrA / SrB / SrC / SrD / SrE	
General Stretch - 11:30am Intro - 11:50am 1st Warm up - 12:00pm		General Stretch - 11:30am Intro - 11:50am 1st Warm up - 12:00pm	
Session 14	Xcel Gold	Session 14	XS
<u>Session 14: XG:</u> ChG / ChH / ChI / ChJ		<u>Session 14: XS:</u> SrF / SrG / SrH / Srl / SrJ	
General Stretch - 3pm Intro - 3:20pm 1st Warm up - 3:30pm		General Stretch - 3pm Intro - 3:20pm 1st Warm up - 3:30pm	
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<u>Age Groups Determination Dates</u>	
<u>Xcel Silver</u>	
6/26/2015 - Younger	ChA
10/15/2014 - 6/25/2015	ChB
6/3/2014 - 10/14/2014	ChC
3/8/2014 - 6/2/2014	ChD
1/24/2014 - 3/7/2014	ChE
11/1/2013 - 1/23/2014	ChF
8/22/2013 - 10/31/2013	ChG
5/20/2013 - 8/21/2013	ChH
3/25/2013 - 5/19/2013	ChI
2/5/2013 - 3/24/2013	ChJ
12/27/2012 - 2/4/2013	ChK
11/2/2012 - 12/26/2012	JrA
9/11/2012 - 11/1/2012	JrB
7/19/2012 - 9/10/2012	JrC
5/29/2012 - 7/18/2012	JrD
4/6/2012 - 5/28/2012	JrE
2/14/2012 - 4/5/2012	JrF
12/20/2011 - 2/13/2012	JrG
10/13/2011 - 12/19/2011	JrH
8/13/2011 - 10/12/2011	JrI
7/7/2011 - 8/12/2011	JrJ
5/23/2011 - 7/6/2011	SrA
3/17/2011 - 5/22/2011	SrB
1/21/2011 - 3/16/2011	SrC
11/10/2010 - 1/20/2011	SrD
9/21/2010 - 11/9/2010	SrE
6/2/2010 - 9/20/2010	SrF
3/24/2010 - 6/1/2010	SrG
11/10/2009 - 3/23/2010	SrH
1/10/2009 - 11/9/2009	SrI
Older - 1/9/2009	SrJ

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<u>Age Groups Determination Dates</u>	
<u>Xcel Gold</u>	
12/12/2013 - Younger	ChA
5/21/2013 - 12/11/2013	ChB
3/7/2013 - 5/20/2013	ChC
12/20/2012 - 3/6/2013	ChD
9/22/2012 - 12/19/2012	ChE
7/26/2012 - 9/21/2012	ChF
5/12/2012 - 7/25/2012	ChG
3/16/2012 - 5/11/2012	ChH
12/31/2011 - 3/15/2012	ChI
11/6/2011 - 12/30/2011	ChJ
9/21/2011 - 11/5/2011	ChK
8/2/2011 - 9/20/2011	ChL
6/7/2011 - 8/1/2011	JrA
4/20/2011 - 6/6/2011	JrB
3/17/2011 - 4/19/2011	JrC
2/4/2011 - 3/16/2011	JrD
12/22/2010 - 2/3/2011	JrE
11/1/2010 - 12/21/2010	JrF
9/28/2010 - 10/31/2010	JrG
8/24/2010 - 9/27/2010	JrH
7/26/2010 - 8/23/2010	JrI
6/13/2010 - 7/25/2010	JrJ
5/13/2010 - 6/12/2010	JrK
4/1/2010 - 5/12/2010	JrL
2/16/2010 - 3/31/2010	JrM
12/28/2009 - 2/15/2010	SrA
11/1/2009 - 12/27/2009	SrB
9/22/2009 - 10/31/2009	SrC
7/8/2009 - 9/21/2009	SrD
5/30/2009 - 7/7/2009	SrE
4/10/2009 - 5/29/2009	SrF
1/30/2009 - 4/9/2009	SrG
10/13/2008 - 1/29/2009	SrH
7/16/2008 - 10/12/2008	SrI
3/24/2008 - 7/15/2008	SrJ
9/6/2007 - 3/23/2008	SrK
1/1/2007 - 9/5/2007	SrL
Older - 12/31/2006	SrM

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<u>Age Groups Determination Dates</u>		
<u>Xcel Platinum</u>		
3/13/2012 - Younger	ChA	
8/3/2011 - 3/12/2012	ChB	
4/11/2011 - 8/2/2011	ChC	
12/11/2010 - 4/10/2011	ChD	
9/26/2010 - 12/10/2010	ChE	
7/17/2010 - 9/25/2010	ChF	
5/6/2010 - 7/16/2010	ChG	
2/17/2010 - 5/5/2010	ChH	
12/29/2009 - 2/16/2010	ChI	
10/14/2009 - 12/28/2009	ChJ	
8/20/2009 - 10/13/2009	JrA	
7/2/2009 - 8/19/2009	JrB	
5/20/2009 - 7/1/2009	JrC	
4/2/2009 - 5/19/2009	JrD	
2/20/2009 - 4/1/2009	JrE	
12/28/2008 - 2/19/2009	JrF	
11/12/2008 - 12/27/2008	JrG	
9/25/2008 - 11/11/2008	JrH	
7/31/2008 - 9/24/2008	JrI	
6/16/2008 - 7/30/2008	JrJ	
4/13/2008 - 6/15/2008	SrA	
1/13/2008 - 4/12/2008	SrB	
10/15/2007-1/12/2008	SrC	
7/5/2007 - 10/14/2007	SrD	
4/19/2007 - 7/4/2007	SrE	
12/11/2006 - 4/18/2007	SrF	
7/21/2006 - 12/10/2006	SrG	
12/3/2005 - 7/20/2006	SrH	
6/8/2005 - 12/2/2005	SrI	
Older - 6/7/2005	SrJ	
<u>Xcel Diamond</u>		
7/10/2009 - Younger	JrA	
8/6/2008 - 7/9/2009	JrB	
9/17/2007 - 8/5/2008	JrC	
5/11/2007 - 9/16/2007	JrD	
8/12/2006 - 5/10/2007	SrA	
2/16/2006 - 8/11/2006	SrB	
5/29/2005 - 2/15/2006	SrC	
Older - 5/28/2005	SrD	