



Friday, November 6

Session F1 – Full Gym Xcel Gold

Open Stretch at 8:00am
March In at 8:15am
Competition Begins at 8:20am
Awards to Follow

Session F2 – Full Gym Xcel Gold

Open Stretch at 11:15am
March In at 11:30am
Competition Begins at 11:35am
Awards to Follow

Session F3 – Orange Gym Level 6 | Level 7

Open Stretch at 2:30pm
March In at 2:50pm
Competition Begins at 2:55pm
Awards to Follow

Session F3 – Yellow Gym Xcel Silver

Open Stretch at 2:35pm
March In at 2:50pm
Competition Begins at 2:55pm
Awards to Follow

Session F4 – Orange Gym Level 8 | Level 9 | Level 10

Open Stretch at 6:35pm
March In at 6:55pm
Competition Begins at 7:00pm
Awards to Follow

Session F4 – Yellow Gym Xcel Gold | Xcel Platinum

Open Stretch at 5:20pm
March In at 5:40pm
Competition Begins at 5:45pm
Awards to Follow



Saturday, November 7

**Session S1 – Orange Gym
Xcel Bronze**

Open Stretch at 8:00am
March In at 8:15am
Competition Begins at 8:20am
Awards to Follow

**Session S2 – Orange Gym
Xcel Silver**

Open Stretch at 10:20am
March In at 10:35am
Competition Begins at 10:40am
Awards to Follow

**Session S3 – Orange Gym
Level 4 | Level 5**

Open Stretch at 1:35pm
March In at 1:50pm
Competition Begins at 1:55pm
Awards to Follow

**Session S1 – Orange Gym
Xcel Bronze**

Open Stretch at 8:00am
March In at 8:15am
Competition Begins at 8:20am
Awards to Follow

**Session S2 – Yellow Gym
Xcel Silver**

Open Stretch at 10:00am
March In at 10:15am
Competition Begins at 10:20am
Awards to Follow

**Session S3 – Yellow Gym
Xcel Diamond | Xcel Sapphire**

Open Stretch at 12:40pm
March In at 1:00pm
Competition Begins at 1:05pm
Awards to Follow



Sunday, November 8

Session U1 – Orange Gym Xcel Platinum

Open Stretch at 8:00am
March In at 8:20am
Competition Begins at 8:25am
Awards to Follow

Session U2 – Orange Gym Level 4 | Level 5

Open Stretch at 11:30am
March In at 11:45am
Competition Begins at 11:50am
Awards to Follow

Session U3 – Orange Gym Level 3

Open Stretch at 3:40pm
March In at 3:55pm
Competition Begins at 4:00pm
Awards to Follow

Session U1 – Orange Gym Xcel Platinum

Open Stretch at 8:00am
March In at 8:20am
Competition Begins at 8:25am
Awards to Follow

Session U2 – Yellow Gym Level 4 | Level 5

Open Stretch at 10:50am
March In at 11:05am
Competition Begins at 11:10am
Awards to Follow

Session U3 – Yellow Gym Level 3

Open Stretch at 2:05pm
March In at 2:20pm
Competition Begins at 2:25pm
Awards to Follow