



2024 SESSION TIMES

FRIDAY FEBRUARY 2, 2024

SESSION 1/WOMENS

LEVEL: XCEL Platinum / Level 4

DOORS OPEN AT 12:00 PM

OPEN STRETCH – 12:30 PM

WARM UP/COMPETE – 1:00 PM

AWARDS – 3:30PM

SESSION 2/WOMENS

LEVEL: 6 / Level 7

OPEN STRETCH – 5:00 PM

WARM UP/COMPETE - 5:30 PM

AWARDS – 8:30 PM

SATURDAY FEBRUARY 3, 2024

SESSION 3/WOMENS

LEVEL 3 / XCEL Bronze / Xcel Silver

DOORS OPEN AT 7:30 AM

OPEN STRETCH – 8:00 AM

WARM UP/COMPETE – 8:30 AM

AWARDS – 10:45 AM

SESSION 4/WOMENS

LEVEL 5 / Xcel Gold

OPEN STRETCH – 12:00 PM

WARM UP/COMPETE – 12:30 PM

AWARDS – 3:00 PM

SESSION 5/WOMENS

LEVEL 8 / 9 / 10 / Xcel Diamond

OPEN STRETCH – 4:30 PM

WARM UP/COMPETE – 5:00 PM

AWARDS – 8:00 PM

SUNDAY, FEBRUARY 4, 2024

SESSION 6/MENS

LEVEL 6 / 7 / 8 / 9 / 10

DOORS OPEN AT 7:30 AM

OPEN STRETCH – 8:00 AM

WARM UP/COMPETE - 8:30 AM

AWARDS – 11:45 AM

SESSION 7/MENS

LEVEL 3 / 4 / 5

OPEN STRETCH – 1:00 PM

WARM UP/COMPETE – 1:30 PM

AWARDS – 5:00 PM