

Level 6/7 & Xcel Gold



State Meet 2024

# 2024 Schedule of Events

## SATURDAY

### GYM A (MODIFIED CAPITAL CUP)

### GYM B (MODIFIED CAPITAL CUP)

Session #1	Level 6
	Jr. A, Jr. B, Sr. C
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:45 AM
AWARDS	12:10 PM

Session #2	Level XG
	Ch. A, Jr. B, Jr. D, Sr. A
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:41 AM
AWARDS	11:50 AM

Session #3	Level 6
	Ch. A, Ch. C, Sr. A
CHECK IN/ GENERAL STRETCH	12:45 PM
INTRODUCTIONS	1:05 PM
TIMED WARM UP	1:15 PM
COMPETITION BEGINS	1:29 PM
AWARDS	4:45 PM

Session #4	Level XG
	Ch. B, Ch. C, Sr. C, Sr. D
CHECK IN/ GENERAL STRETCH	12:30 PM
INTRODUCTIONS	12:50 PM
TIMED WARM UP	1:00 PM
COMPETITION BEGINS	1:11 PM
AWARDS	4:10 PM

Session #5	Level 6
	Ch. B, Jr. C, Sr. B
CHECK IN/ GENERAL STRETCH	5:30 PM
INTRODUCTIONS	5:50 PM
TIMED WARM UP	6:00 PM
COMPETITION BEGINS	6:15 PM
AWARDS	9:40 PM

Session #6	Level XG
	Ch. E, Jr. C, Sr. B, Sr. F
CHECK IN/ GENERAL STRETCH	4:45 PM
INTRODUCTIONS	5:05 PM
TIMED WARM UP	5:15 PM
COMPETITION BEGINS	5:27 PM
AWARDS	8:35 PM