

Level 6/7 & Xcel Gold



State Meet 2024

# 2024 Schedule of Events

## SUNDAY

**GYM A**  
**(MODIFIED CAPITAL CUP)**

**GYM B**  
**(MODIFIED CAPITAL CUP)**

Session #7	Level 7
	Ch. C, Sr. A, Sr. B
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:42 AM
AWARDS	11:25 AM

Session #8	Level XG
	Ch. D, Ch. H, Jr. E, Sr. H
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 #9	Level 7
	Ch. A, Ch. B, Jr. A
CHECK IN/ GENERAL STRETCH	12:00 PM
INTRODUCTIONS	12:20 PM
TIMED WARM UP	12:30 PM
COMPETITION BEGINS	12:42 PM
AWARDS	3:25 PM

Session #10	Level XG
	Jr. A, Jr. H, Sr. E, Sr. G
CHECK IN/ GENERAL STRETCH	12:30 PM
INTRODUCTIONS	12:50 PM
TIMED WARM UP	1:00 PM
COMPETITION BEGINS	1:11 PM
AWARDS	4:20 PM

Session #11	Level 7
	Jr. B, Jr. C, Sr. C
CHECK IN/ GENERAL STRETCH	4:00 PM
INTRODUCTIONS	4:20 PM
TIMED WARM UP	4:30 PM
COMPETITION BEGINS	4:44 PM
AWARDS	7:50 PM

Session #12	Level XG
	Ch. F, Ch. G, Jr. F, Jr. G
CHECK IN/ GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS	5:43 PM
AWARDS	9:00 PM