

Next Level



Podium 2025

Schedule of Events

SUNDAY

MODIFIED CAPITAL CUP

Session #6

Level 8

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:54 AM
AWARDS	12:10 PM

Session #7

Xcel Diamond & Sapphire

CHECK IN/ GENERAL STRETCH	1:15 PM
INTRODUCTIONS	1:35 PM
TIMED WARM UP	1:45 PM
COMPETITION BEGINS	2:03 PM
AWARDS	4:35 PM

Session #8

Xcel Platinum

CHECK IN/ GENERAL STRETCH	5:15 PM
INTRODUCTIONS	5:35 PM
TIMED WARM UP	5:45 PM
COMPETITION BEGINS	6:08 PM
AWARDS	9:50 PM