

Warmup Chart

# of Gymnasts	Level 2	Level 3	Level 4/5	Level 6/7	Level 8-10
1	0:30	0:45	1:00	1:30	2:00
2	1:00	1:30	2:00	3:00	4:00
3	1:30	2:15	3:00	4:30	6:00
4	2:00	3:00	4:00	6:00	8:00
5	2:30	3:45	5:00	7:30	10:00
6	3:00	4:30	6:00	9:00	12:00
7	3:30	5:15	7:00	10:30	14:00
8	4:00	6:00	8:00	12:00	16:00
9	4:30	6:45	9:00	13:30	18:00
10	5:00	7:30	10:00	15:00	20:00
11	5:30	8:15	11:00	16:30	22:00
12	6:00	9:00	12:00	18:00	24:00
13	6:30	9:45	13:00	19:30	26:00
14	7:00	10:30	14:00	21:00	28:00
15	7:30	11:15	15:00	22:30	30:00
16	8:00	12:00	16:00	24:00	32:00

# of Gymnasts	XCEL BR	XCEL S	XCEL G	XCEL P	XCEL D
1	0:30	0:45	1:00	1:30	1:30
2	1:00	1:30	2:00	3:00	3:00
3	1:30	2:15	3:00	4:30	4:30
4	2:00	3:00	4:00	6:00	6:00
5	2:30	3:45	5:00	7:30	7:30
6	3:00	4:30	6:00	9:00	9:00
7	3:30	5:15	7:00	10:30	10:30
8	4:00	6:00	8:00	12:00	12:00
9	4:30	6:45	9:00	13:30	13:30
10	5:00	7:30	10:00	15:00	15:00
11	5:30	8:15	11:00	16:30	16:30
12	6:00	9:00	12:00	18:00	18:00
13	6:30	9:45	13:00	19:30	19:30
14	7:00	10:30	14:00	21:00	21:00
15	7:30	11:15	15:00	22:30	22:30
16	8:00	12:00	16:00	24:00	24:00