

2023 Xcel Region 4 Championships

Black GYM

Friday, April 21

B01	GOLD
Age Groups	Jr A, Jr B, Jr C, Jr D
8:00	Open Stretch
8:20	March In
8:30	Timed Warm Ups

B02	GOLD
Age Groups	Jr E, Jr F, Jr G, Jr H
11:30	Open Stretch
11:50	March In
12:00	Timed Warm Ups

B03	GOLD
Age Groups	Jr I, Jr J, Jr K, Jr L
2:45	Open Stretch
3:05	March In
3:15	Timed Warm Ups

B04	GOLD
Age Groups	Jr M, Jr N, Jr O, Jr P
6:00	Open Stretch
6:20	March In
6:30	Timed Warm Ups

Saturday, April 22

B05	GOLD
Age Groups	Jr Q, Jr R, Jr S, Jr T
8:00	Open Stretch
8:20	March In
8:30	Timed Warm Ups

B06	GOLD
Age Groups	Jr U, Jr V, Jr W, Jr X
11:15	Open Stretch
11:35	March In
11:45	Timed Warm Ups

B07	GOLD
Age Groups	Sr A, Sr B, Sr C, Sr D
2:30	Open Stretch
2:50	March In
3:00	Timed Warm Ups

B08	GOLD
Age Groups	Sr E, Sr F, Sr G, Sr H
5:50	Open Stretch
6:10	March In
6:20	Timed Warm Ups

Sunday, April 23

B09	GOLD
Age Groups	Sr I, Sr J, Sr K, Sr L
8:00	Open Stretch
8:20	March In
8:30	Timed Warm Ups

B10	GOLD
Age Groups	Sr M, Sr N, Sr O, Sr P
11:15	Open Stretch
11:35	March In
11:45	Timed Warm Ups

B11	GOLD
Age Groups	Sr Q, Sr R, Sr S, Sr T
2:30	Open Stretch
2:50	March In
3:00	Timed Warm Ups

2023 Xcel Region 4 Championships

PINK GYM

Friday, April 21

P01 SILVER
Age Groups Jr A, Jr B, Jr C, Jr D
8:00 Open Stretch
8:20 March In
8:30 Timed Warm Ups

P02 SILVER
Age Groups Jr E, Jr F, Jr G, Jr H
11:15 Open Stretch
11:35 March In
11:45 Timed Warm Ups

P03 SILVER
Age Groups Jr I, Jr J, Jr K, Jr L
2:30 Open Stretch
2:50 March In
3:00 Timed Warm Ups

P04 SILVER
Age Groups Jr M, Jr N, Jr O, Jr P
5:15 Open Stretch
5:35 March In
5:45 Timed Warm Ups

Saturday, April 22

P05 SILVER
Age Groups Jr Q, Jr R, Jr S, Jr T
8:00 Open Stretch
8:20 March In
8:30 Timed Warm Ups

P06 SILVER
Age Groups Sr A, Sr B, Sr C, Sr D
11:15 Open Stretch
11:35 March In
11:45 Timed Warm Ups

P07 SILVER
Age Groups Sr E, Sr F, Sr G, Sr H
2:30 Open Stretch
2:50 March In
3:00 Timed Warm Ups

P08 SILVER
Age Groups Sr I, Sr J, Sr K, Sr L
5:45 Open Stretch
6:05 March In
6:15 Timed Warm Ups

Sunday, April 23

P09 SILVER
Age Groups Sr M, Sr N, Sr O, Sr P
8:00 Open Stretch
8:20 March In
8:30 Timed Warm Ups

P10 GOLD
Age Groups Sr U, Sr V, Sr W, Sr X
11:00 Open Stretch
11:20 March In
11:30 Timed Warm Ups

P11 PLATINUM
Age Groups Sr O, Sr P, Sr Q, Sr R
2:00 Open Stretch
2:20 March In
2:30 Timed Warm Ups

2023 Xcel Region 4 Championships

WHITE GYM

Friday, April 21

W01	PLATINUM
Age Groups	Jr A, Jr B, Jr C, Jr D
8:00	Open Stretch
8:20	March In
8:30	Timed Warm Ups

W02	PLATINUM
Age Groups	Jr E, Jr F, Jr G, Jr H
11:15	Open Stretch
11:35	March In
11:45	Timed Warm Ups

W03	PLATINUM
Age Groups	Jr I, Jr J, Jr K, Jr L
2:40	Open Stretch
3:00	March In
3:10	Timed Warm Ups

W04	PLATINUM
Age Groups	Jr M, Jr N, Sr A, Sr B
6:00	Open Stretch
6:20	March In
6:30	Timed Warm Ups

Saturday, April 22

W05	PLATINUM
Age Groups	Sr C, Sr D, Sr E, Sr F
8:00	Open Stretch
8:20	March In
8:30	Timed Warm Ups

W06	PLATINUM
Age Groups	Sr G, Sr H, Sr I, Sr J
11:15	Open Stretch
11:35	March In
11:45	Timed Warm Ups

W07	PLATINUM
Age Groups	Sr K, Sr L, Sr M, Sr N
2:45	Open Stretch
3:05	March In
3:15	Timed Warm Ups

W08	DIAMOND
Age Groups	Jr A, Jr B, Jr C, Jr D
6:15	Open Stretch
6:35	March In
6:45	Timed Warm Ups

Sunday, April 23

W09	DIAMOND
Age Groups	Jr E, Jr F, Jr G, Jr H
8:00	Open Stretch
8:20	March In
8:30	Timed Warm Ups

W10	DIAMOND
Age Groups	Sr A, Sr B, Sr C, Sr D
11:30	Open Stretch
11:50	March In
12:00	Timed Warm Ups

W11	DIAMOND
Age Groups	Sr E, Sr F, Sr G, Sr H
2:45	Open Stretch
3:05	March In
3:15	Timed Warm Ups