

2019 HEART OF ILLINOIS SESSION SCHEDULE

SESSION 1 - SUNDAY FEB. 3, 2019	
LEVEL 2 & XCEL BRONZE	
Open Stretch	8:00 AM
Timed Warmup	8:20 AM
March In	8:25 AM
Awards	9:50 AM

SESSION 3 - SUNDAY FEB. 3, 2019	
LEVEL 4, 5 & XCEL GOLD	
Open Stretch	12:40 PM
Timed Warmup	1:00 PM
March In	1:10 PM
Awards	3:10 PM

SESSION 2 - SUNDAY FEB. 3, 2019	
LEVEL 3 & XCEL SILVER	
Open Stretch	10:00 AM
Timed Warmup	10:20 AM
March In	10:30 AM
Awards	12:30 AM

SESSION 4 - SUNDAY FEB. 3, 2019	
LEVELS 6-9, XCEL PLATINUM, & DIAMOND	
Open Stretch	3:20 PM
Timed Warmup	3:40 PM
March In	3:50 PM
Awards	6:00 PM

