



2019 XCEL SOUTH STATE

Bronze and Silver

Schedule

Friday April 26, 2019

Session One

Bronze teams from: Aerial Athletics, Alamo, AHGA, Love, Olympia, Powerhouse TNT, River City and Sunburst

6:00 – 6:20 pm General Stretch

6:20 – 6:30 pm Introductions

6:00 – 8:30 pm Warm-up/Compete

Awards to follow

Saturday April 27, 2019

Session TWO

Silver Jr A

8:00 am – 8:20 am General Stretch

8:20 am – 8:30 am Introductions

8:30 am – 10:30 am Warm-up/Compete

Awards to follow

Session THREE

Silver Jr B

11:30 am – 12:00 pm General Stretch

12:00 – 12:10 pm Introductions

12:10 – 2:00 pm Warm-up/Compete

Awards to follow

Session FOUR

Silver Jr C

3:00 – 3:20 pm General Stretch

3:20 – 3:30 pm Introductions

3:30 – 5:30 pm Warm-up/Compete

Awards to follow

Meet Location:

Alamo City Church GYM

6500 IH 35 N

San Antonio TX 78218

Gym is located behind the main church building. If entering off of I-35 frontage road, go around main building to gym parking in the back. There is also an entrance off of Fratt road.

See our website

[www. RiverCityGymnastics.info](http://www.RiverCityGymnastics.info)

for map

Gate fees will be \$15 for adults

\$7 for children (12 & under)

and Seniors (60+)

CASH ONLY

Please understand that the sessions are quite close together due to the number of athletes. We will not be able to allow spectators for the next session into the gym before we have cleared out the previous session.

Session FIVE

Silver Sr A

6:30 – 6:50 pm General Stretch

6:50 – 7:00 pm Introductions

7:00 – 9:00 pm Warm-up/Compete

Awards to Follow

SUNDAY April 28, 2019

Session SIX

Silver Sr B

8:00 am – 8:20 am General Stretch

8:20 am – 8:30 am Introductions

8:30 am – 10:30 Am Warm-up/Compete

Awards to Follow

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Silver Age Groups	Start	End
JR A1	4/26/2011	12/31/2019
JR A2	9/30/2010	4/25/2011
JR A3	6/6/2010	9/29/2010
JR A4	2/13/2010	6/5/2010
JR B1	11/17/2009	2/12/2010
JR B2	8/24/2009	11/16/2009
JR B3	6/10/2009	8/23/2009
JR B4	4/22/2009	6/9/2009
JR C1	3/2/2009	4/21/2009
JR C2	11/22/2008	3/1/2009
JR C3	9/6/2008	11/21/2008
JR C4	7/18/2008	9/5/2008
SR A1	5/20/2008	7/17/2008
SR A2	2/28/2008	5/19/2008
SR A3	11/7/2007	2/27/2008
SR A4	8/8/2007	11/6/2007
SR B1	4/11/2007	8/7/2007
SR B2	10/12/2006	4/10/2007
SR B3	2/7/2006	10/11/2006
SR B4	1/1/1999	2/6/2006



April 28, 2019

Session SEVEN

Bronze teams from: AOG, Discover, Elite Fitness, EnRich, H-Town Elite, Iron Cross, Jischke, Lobo, Montgomery, Moseley, Reflex, Texas Star

11:30 – 11:50 am General Stretch
11:50 am – 12:00 pm Introductions
12:00 – 1:15 pm Warm-up/Compete

Awards to Follow

Session EIGHT

Bronze Teams from: Above the Bar, Champion, Impact Zone, Katy Kips, Rolland Ballard

2:15 – 2:35 pm General Stretch
2:35 – 2:45 pm Introductions
2:45 – 5:00 pm Warm-up/Compete

Awards to follow

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