



**2023 Northern Midwest Regional Championship Schedule**  
**Awards will be held immediately following each session in a separate awards area.**

**Friday, June 2nd**

**Session 1: Xcel Platinum**

General Stretch: 2:00pm

Presentation: 2:30pm

Flight A warm up to immediately follow

**Participant Dance Party 6-10pm at  
the Sports Center. Details in the  
parent and coaches packets.**

**Saturday, June 3rd**

**Session 2: Xcel Bronze ages 8 and  
Under**

General Stretch: 8:00am

Presentation: 8:30am

Flight A warm up to immediately follow

**Session 3: Xcel Bronze ages 9 and  
Over, Level 2**

General Stretch: 10:15am

Presentation: 10:40am

Flight A warm up to immediately follow

**Session 4: Xcel Silver ages 10-12,  
Level 3**

General Stretch: 12:30pm

Presentation: 12:50pm

Flight A warm up to immediately follow

**Session 5: Xcel Silver 9 and Under,  
Xcel Silver 13 and Over, Boys 4x4  
Level 1**

General Stretch: 4:00pm

Presentation: 4:25pm

Flight A warm up to immediately follow

**Sunday, June 4th**

**Session 6: All Ladies Division, Youth  
Xcel Diamond, Levels 4, 5, 6, 7, 8**

General Stretch: 8:00am

Presentation: 8:30am

Flight A warm up to immediately follow

**Session 7: Xcel Gold ages 11 and  
Under**

General Stretch: 12:00pm

Presentation: 12:25pm

Flight A warm up to immediately follow

**Session 8: Xcel Gold ages 12 and  
Over**

General Stretch: 4:00pm

Presentation: 4:25pm

Flight A warm up to immediately follow