

2017 Xcel State Gymnastics Championships

Saturday Schedule

- The State Championships will have 2 Gyms (Red / Blue) running simultaneously. Both Gyms will run Non-Traditional (Capital Cup) format with a warm-up gym. If you have athletes competing in both gyms, you must have adequate coaching staff present.
- Age as of May 7th, 2017

Saturday Red Gym

Flight 1R - Xcel Gold (Age 11) {73}

8:00 - 8:30am - Stretch

8:30 - 8:45am - Timed Warm-up

8:50 - March in

11:30 - Individual Awards

Flight 2R - Xcel Gold (Age 12 Jr. & Age 14) {63}

* 12 Jr. = Age between 12/20/2004 - 5/7/2005

11:30 - 12:00 - Stretch

12:00 - 12:15pm - Timed Warm-up

12:20 - March in

4:30 - Individual Awards

Flight 3R - Xcel Gold (Age 12 Sr. & Age 15+) {71}

* 12 Sr. = Age between 5/8/2004 - 12/19/2004

4:30 - 5:00pm - Stretch

5:00 - 5:15pm - Timed Warm-up

5:20 - March in

8:30 - Individual Awards +

Senior Recognition

Saturday Blue Gym

Flight 1B - Xcel Silver (Age 10 & Under) {75}

8:00 - 8:30am - Stretch

8:30 - 8:45am - Timed Warm-up

8:50 - March in

11:30 - Individual Awards

Flight 2B - Xcel Silver (Age 11+) {74}

11:30 - 12:00 - Stretch

12:00 - 12:15pm - Timed Warm-up

12:20 - March in

4:30 - Individual & Team Awards

Flight 3B - Xcel Diamond {60}

4:30 - 5:00pm - Stretch

5:00 - 5:15pm - Timed Warm-up

5:20 - March in

8:30 - Individual & Team Awards +

Senior Recognition

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 - Age as of May 7th, 2017

Sunday Red Gym

Flight 4R - Xcel Gold (Age 9 & 10) {63}

8:00 - 8:30am - Stretch

8:30 - 8:45am - Timed Warm-up

8:50 - March in

11:30 - Individual Awards

Flight 5R - Xcel Gold (Age 13 & Age 8-) {62}

11:30 - 12:00 - Stretch

12:00 - 12:15pm - Timed Warm-up

12:20 - March in

4:30 - Individual & Team Awards

Sunday Blue Gym

Flight 1B - Xcel Platinum (Age 13 & Under) {75}

8:00 - 8:30am - Stretch

8:30 - 8:45am - Timed Warm-up

8:50 - March in

11:30 - Individual Awards

Flight 2B - Xcel Platinum (Age 14+) {79}

11:30 - 12:00 - Stretch

12:00 - 12:15pm - Timed Warm-up

12:20 - March in

4:30 - Individual & Team Awards

Senior Recognition