

Friday, February 15, 2019	
OH-Crossroad, OH-FLYTZ, OH-Gym Nation, OH-Johnson, OH-Medina, OH-Perfect Balance, OH-Prestige, OH-Renzi	
Session 1 - 8:00am - 11:00am	Xcel Silver
OH-Crossroad, OH-FLYTZ, OH-Global, OH-Great Lakes, OH-Gym Nation, OH-Medina, OH-Perfect Balance, OH-Prestige, OH-Renzi	
Session 2 - 11:00am - 2:30pm	Xcel Gold
Session 3 - 2:30pm - 6:15pm	Level 7 / 8 / 9 / 10 / XD
Saturday, February 16, 2019	
Level 2: All Teams; XS: OH-Emeth, OH-Global, OH-Gym World Twins, OH-Pinnacle, OH-World Elite	
Session 4 - 8:00am - 11:00am	Level 2 & Xcel Silver
XP: All Teams; XG: OH-Gym World Twins, OH-Pinnacle	
Session 5 - 11:00am - 2:30pm	Xcel Gold / Xcel Platinum
Session 6 - 2:30pm - 6:00pm	Level 5 / 6
Sunday, February 17, 2019	
Session 7 - 8:00am - 11:00am	Level 3
Session 8 - 11:00am - 1:30pm	Level 4
Session 9 - 1:30pm - 4:00pm	Unsanctioned

