

**FINAL**

## ***Friday, March 29<sup>th</sup>, 2019***

### **Session One: Levels Xcel Platinum (All)**

*Modified Traditional Format*

*6:00-6:15pm Open Stretch*

*6:15-8:45pm Warm-ups/Competition*

*8:45pm Awards*

## ***Saturday, March 30<sup>th</sup>, 2019***

### **Session Two: Levels 2, 3, 4, 5, 6, and 7 (All Divisions)**

*Modified Traditional Format*

*8:00-8:15am Open Stretch*

*8:15-10:45am Warm-ups/Competition*

*10:45am Awards*

### **Session Three: Xcel Bronze Advanced/Novice**

*Modified Traditional Format*

*11:00-11:15am Open Stretch*

*11:15am-1:00pm Warm-ups/Competition*

*1:00pm Awards*

### **Session Four: Xcel Bronze Elite**

*(Central Carolina, Everest, Foothills, Hahn's, HarrisY, Metrolina)*

*Modified Traditional Format*

*1:30-1:45pm Open Stretch*

*1:45-3:30pm Warm-ups/Competition*

*3:30pm Awards*

### **Session Five: Xcel Bronze Elite/Intermediate**

*(Elite – Char All-Stars, Char Gym Acad, First in Flight, LKN Stars)*

*Modified Traditional Format*

*3:40-3:55pm Open Stretch*

*3:55-5:40pm Warm-ups/Competition*

*5:40pm Awards*

### **Session Six: Xcel Gold Advanced**

*Modified Traditional Format*

*6:00-6:15pm Open Stretch*

*6:15-9:00pm Warm-ups/Competition*

*9:00pm Awards*

# **FINAL**

***Sunday, March 31<sup>st</sup>, 2019***

**Session Seven: Xcel Gold Elite/Intermediate/Novice**

*Modified Traditional Format*

*8:00-8:15am Open Stretch*

*8:15-11:05am Warm-ups/Competition*

*11:05am Awards*

**Session Eight: Xcel Silver Novice/Intermediate/Elite**

*(Elite – Central Carolina, Char All-Stars, Foothills Gym Acad, Foothills, Harris Y)*

*Modified Traditional Format*

*11:15-11:30am Open Stretch*

*11:30-2:00pm Warm-ups/Competition*

*2:00pm Awards*

**Session Nine: Xcel Silver Advanced**

*Modified Traditional Format*

*2:30-2:45pm Open Stretch*

*2:45-5:30pm Warm-ups/Competition*

*5:30pm Awards*

**Session Ten: Xcel Silver Elite**

*(Carolina Flipz, Char Gym Acad, Everest, First in Flight, Hahns, LKN Stars, Metrolina)*

*Modified Traditional Format*

*5:45-6:00pm Open Stretch*

*6:00-8:30pm Warm-ups/Competition*

*8:30pm Awards*