

2014 Xcel Regional Schedule Hickory Metro Convention Center, 1960 13th Ave. Dr. SE, Hickory, NC 28602

NOTE: Red dates and highlighted sessions below had changes in date of birth ranges!

Gym A

Friday May 16, 2014

Silver All Stars

| | Session | Description | StartTime | EndTime |
|---|------------|--------------|-----------|----------|
| S | 1 | Open Stretch | 8:00 AM | 8:20 AM |
| I | Born | March-In | 8:20 AM | 8:30 AM |
| L | 1/29/05 & | Wrmup/Comp | 8:30 AM | 11:25 AM |
| V | Younger | Awards | 11:25 AM | 11:55 AM |
| E | 2 | Open Stretch | 11:25 AM | 11:45 AM |
| R | Born | March-In | 11:45 AM | 11:55 AM |
| A | 3/3/04 to | Wrmup/Comp | 11:55 AM | 2:45 PM |
| L | 1/28/05 | Awards | 2:45 PM | 3:15 PM |
| L | 3 | Open Stretch | 2:45 PM | 3:05 PM |
| L | Born | March-In | 3:05 PM | 3:15 PM |
| S | 3/18/03 to | Wrmup/Comp | 3:15 PM | 6:10 PM |
| T | 3/2/04 | Awards | 6:10 PM | 6:40 PM |
| A | 4 | Open Stretch | 6:10 PM | 6:30 PM |
| R | Born | March-In | 6:30 PM | 6:40 PM |
| S | 1/10/02 to | Wrmup/Comp | 6:40 PM | 9:40 PM |
| S | 3/17/03 | Awards | 9:40 PM | 10:10 PM |

Saturday May 17, 2014

Silver All Stars

| | | | | |
|--------|----------|--------------|----------|----------|
| SILVER | 5 | Open Stretch | 8:00 AM | 8:20 AM |
| ALL | Born | March-In | 8:20 AM | 8:30 AM |
| STARS | 1/9/02 & | Wrmup/Comp | 8:30 AM | 11:35 AM |
| | Older | Awards | 11:35 AM | 12:05 PM |

Silver State Team

| | | | | |
|--------|---|--------------|----------|----------|
| SILVER | 6 | Open Stretch | 11:35 AM | 11:55 AM |
| STATE | | March-In | 11:55 AM | 12:05 PM |
| TEAM | | Wrmup/Comp | 12:05 PM | 1:35 PM |
| | | Awards | 1:35 PM | 2:05 PM |

Gold State Team

| | | | | |
|-------|---|--------------|---------|---------|
| GOLD | 7 | Open Stretch | 1:35 PM | 1:55 PM |
| STATE | | March-In | 1:55 PM | 2:05 PM |
| TEAM | | Wrmup/Comp | 2:05 PM | 4:10 PM |
| | | Awards | 4:10 PM | 4:40 PM |

| | | | | |
|-------|------------|--------------|---------|---------|
| GOLD | 8 | Open Stretch | 4:10 PM | 4:30 PM |
| ALL | Born | March-In | 4:30 PM | 4:40 PM |
| STARS | 12/12/03 & | Wrmup/Comp | 4:40 PM | 7:45 PM |
| | Younger | Awards | 7:45 PM | 8:15 PM |

Sunday, May 18, 2014

Gold All Stars

| | | | | |
|---|------------|--------------|----------|----------|
| G | 9 | Open Stretch | 8:00 AM | 8:20 PM |
| O | Born | March-In | 8:20 PM | 8:30 PM |
| L | 7/19/02 to | Wrmup/Comp | 8:30 PM | 11:35 PM |
| D | 12/11/03 | Awards | 11:35 PM | 12:05 AM |

| | | | | |
|-------|------------|--------------|----------|----------|
| A | 10 | Open Stretch | 11:35 AM | 11:55 AM |
| L | Born | March-In | 11:55 AM | 12:05 PM |
| L | 5/17/01 to | Wrmup/Comp | 12:05 PM | 3:00 PM |
| L | 7/18/02 | Awards | 3:00 PM | 3:30 PM |
| STARS | 11 | Open Stretch | 3:00 PM | 3:20 PM |
| | 5/16/01 & | March-In | 3:20 PM | 3:30 PM |
| | Older | Wrmup/Comp | 3:30 PM | 6:30 PM |
| | | Awards | 6:30 PM | 7:00 PM |

Gym B

Friday May 16, 2014

Bronze All Stars

| | Session | Description | StartTime | EndTime |
|---|-------------|--------------|-----------|----------|
| B | 1 | Open Stretch | 8:00 AM | 8:20 AM |
| R | Born | March-In | 8:20 AM | 8:30 AM |
| O | 10/13/06 & | Wrmup/Comp | 8:30 AM | 10:30 AM |
| N | Younger | Awards | 10:30 AM | 11:00 AM |
| Z | 2 | Open Stretch | 11:00 AM | 11:20 AM |
| E | Born | March-In | 11:20 AM | 11:30 AM |
| A | 11/29/05 to | Wrmup/Comp | 11:30 AM | 1:35 PM |
| L | 10/12/06 | Awards | 1:35 PM | 2:05 PM |
| L | 3 | Open Stretch | 2:00 PM | 2:20 PM |
| L | Born | March-In | 2:20 PM | 2:25 PM |
| S | 3/21/05 to | Wrmup/Comp | 2:25 PM | 4:35 PM |
| T | 11/28/05 | Awards | 4:35 PM | 5:05 PM |
| A | 4 | Open Stretch | 5:05 PM | 5:25 PM |
| R | Born | March-In | 5:25 PM | 5:30 PM |
| S | 7/1/04 to | Wrmup/Comp | 5:30 PM | 7:45 PM |
| S | 3/20/05 | Awards | 7:45 PM | 8:15 PM |

Saturday May 17, 2014

Bronze All Stars

| | | | | |
|-------|------------|--------------|----------|----------|
| B | 5 | Open Stretch | 8:00 AM | 8:20 AM |
| R | Born | March-In | 8:20 AM | 8:30 AM |
| O | 6/20/03 to | Wrmup/Comp | 8:30 AM | 10:30 AM |
| N | 6/30/04 | Awards | 10:30 AM | 11:00 AM |
| Z | 6 | Open Stretch | 11:00 AM | 11:20 AM |
| E | Born | March-In | 11:20 AM | 11:30 AM |
| ALL | 6/19/03 & | Wrmup/Comp | 11:30 AM | 1:30 PM |
| STARS | Older | Awards | 1:30 PM | 2:00 PM |

Bronze State Team

| | | | | |
|--------|---|--------------|---------|---------|
| BRONZE | 7 | Open Stretch | 2:00 PM | 2:20 PM |
| STATE | | March-In | 2:20 PM | 2:30 PM |
| TEAM | | Wrmup/Comp | 2:30 PM | 4:00 PM |
| | | Awards | 4:00 PM | 4:30 PM |

Platinum State Team

| | | | | |
|----------|---|--------------|---------|---------|
| PLATINUM | 8 | Open Stretch | 4:30 PM | 4:50 PM |
| STATE | | March-In | 4:50 PM | 5:00 PM |
| TEAM | | Wrmup/Comp | 5:00 PM | 8:00 PM |
| | | Awards | 8:00 PM | 8:30 PM |

Sunday, May 18, 2014

Platinum All Stars

| | | | | |
|---|------------|--------------|----------|----------|
| P | 9 | Open Stretch | 8:00 AM | 8:20 AM |
| L | Born | March-In | 8:20 AM | 8:30 AM |
| A | 12/20/01 & | Wrmup/Comp | 8:30 AM | 12:05 PM |
| T | Younger | Awards | 12:05 PM | 12:35 PM |

| | | | | |
|---|-----------|--------------|----------|----------|
| I | 10 | Open Stretch | 12:05 PM | 12:25 PM |
| N | Born | March-In | 12:25 PM | 12:35 PM |
| U | 7/8/00 to | Wrmup/Comp | 12:35 PM | 4:05 PM |
| M | 12/19/01 | Awards | 4:05 PM | 4:35 PM |

Platinum and Diamond All Stars

| | | | | |
|---------|-----------|--------------|---------|---------|
| PLAT | 11 | Open Stretch | 4:05 PM | 4:25 PM |
| AND | Plat Born | March-In | 4:25 PM | 4:35 PM |
| DIAMOND | 7/7/00 & | Wrmup/Comp | 4:35 PM | 8:05 PM |
| | Older & | Awards | 8:05 PM | 8:35 PM |

All Diamonds