

SATURDAY February, 14, 2015



SUNDAY February 15, 2015

SESSION 1		Level 3	59
8:00 – 8:15	(15)	General Stretch	
8:15 – 8:25	(10)	March In	
8:25 – 8:35	(10)	Timed Warm Up	
8:50– 10:20	(1:30)	Compete	
10:20 – 10:50	(30)	Awards	
SESSION 2	Sat. Feb. 14	Xcel Plat, Xcel Dia, Level 6	54
10:45 – 11:00	(15)	General Stretch	
11:00 – 11:10	(10)	March In	
11:10 – 11:25	(15)	Timed Warm Up	
11:25 – 1:25	(2:00)	Compete	
1:25 – 1:55	(30)	Awards	
SESSION 3	Sat Feb. 14	Level 7 & 9	51
2:00 – 2:30	(30)	General Stretch	
2:30 – 2:40	(10)	March In	
2:40 – 2:55	(15)	Timed Warm Up	
2:55 – 4:55	(2:00)	Compete	
4:55 – 5:25	(30)	Awards	
SESSION 4	Sat. Feb. 14	Level 8 & 10	46
5:30– 6:00	(30)	General Stretch	
6:00 – 6:15	(15)	March In	
6:15 – 6:30	(15)	Timed Warm Up	
6:30 – 8:30	(2:00)	Compete	
8:30 – 9:00	(30)	Awards	

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SESSION 5		Level 4, Level 5	38
9:00 – 9:15	(15)	General Stretch	
9:15 – 9:25	(10)	March in	
9:25 – 9:35	(10)	Timed Warm Up	
9:35 – 11:05	(1:30)	Compete	
11:05 – 11:35	(30)	Awards	
SESSION 6	Sun. Feb. 15	Xcel Gold	55
11:30 – 11:45	(15)	General Stretch	
11:45 – 11:55	(10)	March In	
11:55 – 12:05	(10)	Timed Warm Up	
12:05 – 2:05	(1:45)	Compete	
2:05 – 2:35	(30)	Awards	
SESSION 7	Sun. Feb. 15	Xcel Silver	81
2:30 – 2:45	(15)	General Stretch	
2:45– 2:55	(10)	March In	
2:55 – 3:10	(15)	Timed Warm Up	
3:10 – 5:15	(2:00)	Compete	
5:15 – 5:45	(30)	Awards	
SESSION 8	Sun. Feb. 15	Xcel Bronze	76
5:45– 6:00	(15)	General Stretch	
6:00 – 6:10	(10)	March In	
6:10 – 6:25	(15)	Timed Warm Up	
6:25 – 7:55	(1:30)	Compete	
7:55 – 8:25	(30)	Awards	