

Please see age groups below schedule

**USA Gymnastics**  
**Pennsylvania Xcel State Championships 2019**

Friday, May 17<sup>th</sup>, 2019

BLUE GYM

Xcel Silver Sr. B & C (70)

RED GYM

Open Stretch – 5-5:30pm  
1<sup>st</sup> Event Timed Warm-up – 5:30 – 5:40pm  
Introductions & National Anthem – 5:40 – 5:50pm  
Competition – 5:50 – 7:50pm  
Awards – 8pm

Saturday, May 18<sup>th</sup>, 2019

Xcel Silver Jr. A & B (70)

Open Stretch – 8 – 8:30am  
1<sup>st</sup> Event Timed Warm-up – 8:30 – 8:40am  
Introductions & National Anthem – 8:40 – 8:50am  
Competition – 8:50 – 10:50am  
Awards – 11am

Xcel Silver Jr. C & D (70)

Open Stretch – 11:10 – 11:40am  
1<sup>st</sup> Event Timed Warm-up – 11:40 – 11:50am  
Introductions & National Anthem – 11:50 – Noon  
Competition – Noon – 2pm  
Awards – 2:10pm

Xcel Silver Jr. E & Sr. A (70)

Open Stretch – 2:20 – 2:50pm  
1<sup>st</sup> Event Timed Warm-up – 2:50 – 3pm  
Introductions & National Anthem – 3 – 3:10pm  
Competition – 3:10 – 5:10pm  
Awards – 5:20pm

Xcel Silver Sr. D & E (70)

Open Stretch – 5:30 – 6pm  
1<sup>st</sup> Event Timed Warm-up – 6 – 6:10pm  
Introductions & National Anthem – 6:10 – 6:20pm  
Competition – 6:20 – 8:20pm  
Awards – 8:30pm

Xcel Gold Jr. A & B (62)

Open Stretch – 8 – 8:30am  
1<sup>st</sup> Event Timed Warm-up – 8:30 – 8:40am  
Introductions & National Anthem – 8:40 – 8:50am  
Competition – 8:50 – 10:50am  
Awards – 11am

Xcel Gold Jr. C & D (62)

Open Stretch – 11:10 – 11:40am  
1<sup>st</sup> Event Timed Warm-up – 11:40 – 11:50am  
Introductions & National Anthem – 11:50 – Noon  
Competition – Noon – 2pm  
Awards – 2:10pm

Xcel Gold Jr E & Sr. A (62)

Open Stretch – 2:20 – 2:50pm  
1<sup>st</sup> Event Timed Warm-up – 2:50 – 3pm  
Introductions & National Anthem – 3-3:10pm  
Competition – 3:10 – 5:10pm  
Awards – 5:20pm

Xcel Gold Sr. B & C (62)

Open Stretch – 5:30 – 6pm  
1<sup>st</sup> Event Timed Warm-up – 6 – 6:10pm  
Introductions & National Anthem – 6:10-6:20pm  
Competition – 6:20 – 8:20pm  
Awards – 8:30pm

**USA Gymnastics**  
**Pennsylvania Xcel State Championships 2019**

Sunday, May 19<sup>th</sup>, 2019

BLUE GYM

Xcel Platinum Jr. A & B (71)

Open Stretch – 8-8:30am  
1<sup>st</sup> Event Timed Warm-up – 8:30 – 8:45am  
Introductions & National Anthem – 8:45 – 8:55am  
Competition – 8:55 – 11:35am  
Awards – 11:45am

Xcel Platinum Jr. C & Sr A (71)

Open Stretch – Noon – 12:30pm  
1<sup>st</sup> Event Timed Warm-up – 12:30 – 12:45pm  
Introductions & National Anthem – 12:45 – 12:55pm  
Competition – 12:55 – 3:35pm  
Awards – 3:45pm

Xcel Platinum Sr. B & C (71)

Open Stretch – 4 – 4:30pm  
1<sup>st</sup> Event Timed Warm-up – 4:30 – 4:45pm  
Introductions & National Anthem – 4:55 – 5:05pm  
Competition – 5:05 – 7:45pm  
Awards – 7:55pm

RED GYM

Xcel Gold Sr. D & E (62)

Open Stretch – 8 – 8:30am  
1<sup>st</sup> Event Timed Warm-up – 8:30 – 8:40am  
Introductions & National Anthem – 8:40 – 8:50am  
Competition – 8:50 – 10:50am  
Awards – 11am

Xcel Diamond All Age Groups (75)

Open Stretch – 11:15 – 11:45am  
1<sup>st</sup> Event Timed Warm-up – 11:45 – 12:10pm  
Introductions & National Anthem – 12:10 – 12:20pm  
Competition – 12:20 – 2:20pm  
Awards – 2:30pm

XCEL SILVER AGE GROUPS

REVISED

1/1/85-11/04/05 07/06/10-12/31/19	11/05/05-11/27/06	11/28/06-7/7/07	7/8/07-11/23/07	11/24/07-5/20/08	5/21/08-10/21/08	10/22/08-4/10/09	4/11/09-10/13/09	10/14/09-07/05/10
SR E	SR D	SR C	SR B	SR A	JR E	JR D	JR C	JR B

JR A

XCEL GOLD AGE GROUPS

REVISED

1/1/85-08/17/04 11/05/08-12/31/19	08/18/04-07/04/05	07/05/05-12/22/05	12/23/05-06/08/06	06/09/06-10/30/06	10/31/06-03/23/07	03/24/07-10/1/07	10/02/07-03/15/08	03/16/08-11/04/08
SR E	SR D	SR C	SR B	SR A	JR E	JR D	JR C	JR B

JR A

XCEL PLATINUM AGE GROUPS

REVISED

1/1/85-06/03/03	06/04/03-10/03/04	10/04/04-10/18/05	10/19/05-04/18/06	04/19/06-02/12/07	02/13/07-12/31/19
SR C	SR B	SR A	JR C	JR B	JR A

XCEL DIAMOND AGE GROUPS

REVISED

1/1/85-10/05/02	10/06/02-05/16/04	05/17/04-12/31/19
SR B	SR A	JR A

