

## Fire and Ice Schedule

Saturday, January 21<sup>st</sup> (USAG)

Xcel Bronze, Xcel Silver, Level 1, Level 2 and Level 3 (48)

Open Stretch- 10:30

Timed Warm up- 10:45

Meet Start- 11:00

Awards- 12:30

Xcel Gold, Xcel Platinum, Level 4, Level 5, Level 6 and Level 7  
(30)

Open Stretch- 1:00

Timed Warm up- 1:15

Meet Start- 1:30

Awards- 3:30

Level 8, Level 9, Level 10 and Xcel Diamond (25)

Open Stretch 4:00

Timed Warm up- 4:20

Meet Start- 4:45

Awards- 7:00

Sunday, January 22<sup>nd</sup> (NGA)

Silver, Level 2, Level 3, Level 4 (45)

Open Stretch- 8:00

Timed Warm up- 8:15

Meet Start- 8:30

Awards- 10:00

Gold, Platinum, Diamond, Level 7 and Level 8 (51)

Open Stretch- 10:30

Timed Warm up- 10:45

Meet Start- 11:00

Awards- 1:30