

Xcel State Championships

Under the Sea

Saturday, March 24, 2018

Atlantic Gym

Pacific Gym

Gold division 1	Session 1	Silver division 1	Session 1
8:00 - 8:25	Stretch and Presentation	8:00 - 8:25	Stretch and Presentation
8:25 - 8:35	Flight 1 Warm up	8:25 - 8:35	Flight 1 Warm up
8:35-11:00	Competiton Individual Awards to Follow. Team awards after Saturday Session 1	8:35-11:00	Competiton Individual Awards to Follow. Team awards after Session 4
Gold division 2	Session 2	Silver division 2	Session 2
11:15 - 11:40	Stretch and Presentation	11:15 - 11:40	Stretch and Presentation
11:40 - 11:50	Flight 1 Warm up	11:40 - 11:50	Flight 1 Warm up
11:50 - 2:10	Competiton Individual Awards to Follow. Team awards after Saturday Session 1	11:50 - 2:10	Competiton Individual Awards to Follow. Team awards after Session 4
Gold division 3	Session 3	Silver division 3	Session 3
2:30 - 2:55	Stretch and Presentation	2:30 - 2:55	Stretch and Presentation
2:25 - 3:05	Flight 1 Warm up	2:25 - 3:05	Flight 1 Warm up
3:05 - 5:30	Competiton Individual Awards to Follow. Team awards after Saturday Session 1	3:05 - 5:30	Competiton Individual Awards to Follow. Team awards after Session 4
Gold division 4	Session 4	Silver division 4	Session 4
5:30 - 5:55	Stretch and Presentation	5:30 - 5:55	Stretch and Presentation
5:55 - 6:05	Flight 1 Warm up	5:55 - 6:05	Flight 1 Warm up
6:05 - 8:30	Competiton Individual Awards to Follow. Team awards after Saturday Session 1	6:05 - 8:30	Competiton Team and Individual Awards to Follow

Host Team: Olympic Dreams Gymnastics (330)759-1916

Location: Mayor Ralph A. Infante Wellness Center

213 Sharkey Dr., Niles, Ohio 44446

Xcel State Championships

Under the Sea

Sunday, March 25, 2018

Atlantic Gym

Pacific Gym

Gold division 1		Session 1	Platinum division 1		Session 1
8:00 - 8:25	Stretch and Presentation		8:00 - 8:25	Stretch and Presentation	
8:25 - 8:35	Flight 1 Warm up		8:25 - 8:40	Flight 1 Warm up	
8:35-11:00	Competiton Team and Individual Awards to Follow		8:40-11:00	Competiton Individual Awards to Follow. Team awards after Session 3	
Diamond		Session 2	Platinum division 2		Session 2
11:15 - 11:40	Stretch and Presentation		11:15 - 11:40	Stretch and Presentation	
11:40 - 11:55	Flight 1 Warm up		11:40 - 11:55	Flight 1 Warm up	
11:50 - 1:30	Competiton Team and Individual Awards to Follow		11:55 - 2:00	Competiton Individual Awards to Follow. Team awards after Session 3	
Bronze		Session 3	Platinum division 3		Session 3
2:15 - 2:40	Stretch and Presentation		2:15 - 2:40	Stretch and Presentation	
2:40 - 2:50	Flight 1 Warm up		2:40 - 2:55	Flight 1 Warm up	
2:50 - 4:30	Competiton Team and Individual Awards to Follow		2:55 - 5:00	Competiton Team and Individual Awards to Follow	