



COMPETITION SCHEDULE --RED GYM

Session #	Description	StartTime	EndTime	SessionTime
Thursday, May 12, 2016				
Session 1	Open Stretch	2:30 PM	2:50 PM	3:00
Xcel Gold	Intro	2:50 PM	3:00 PM	
All-Stars	1st WrmUp	3:00 PM	3:12 PM	
Count = 91	Competition	3:15 PM	5:30 PM	
	Awards	5:30 PM		
Eligible for Above session if Xcel Gold & BORN on or Between 8/22/2006 and 5/15/2009				
Session 2	Open Stretch	5:45 PM	6:05 PM	3:00
Xcel Gold	1st WrmUp	6:05 PM	6:15 PM	
All-Stars	Intro	6:15 PM	6:27 PM	
Count = 90	Competition	6:30 PM	8:45 PM	
	Awards	8:45 PM		
Eligible for Above session if Xcel Gold & BORN on or Between 11/11/2005 and 8/21/2006				
Friday, May 13, 2016				
Session 3	Open Stretch	8:00 AM	8:20 AM	3:00
Xcel Gold	Intro	8:20 AM	8:30 AM	
All-Stars	1st WrmUp	8:30 AM	8:42 AM	
Count = 90	Competition	8:45 AM	11:00 AM	
	Awards	11:00 AM		
Eligible for Above session if Xcel Gold & BORN on or Between 4/22/2005 and 11/10/2005				
Session 4	Open Stretch	11:15 AM	11:35 AM	3:00
Xcel Gold	Intro	11:35 AM	11:45 AM	
All-Stars	1st WrmUp	11:45 AM	11:57 AM	
Count = 89	Competition	12:00 PM	2:15 PM	
	Awards	2:15 PM		
Eligible for Above session if Xcel Gold & BORN on or Between 10/1/2004 and 4/21/2005				
Session 5	Open Stretch	2:15 PM	2:35 PM	3:00
Xcel Gold	Intro	2:35 PM	2:45 PM	
All-Stars	1st WrmUp	2:45 PM	2:57 PM	
Count = 90	Competition	3:00 PM	5:15 PM	
	Awards	5:15 PM		
Eligible for Above session if Xcel Gold & BORN on or Between 2/23/2004 and 9/30/2004				
Session 6	Open Stretch	5:40 PM	6:00 PM	3:00
Xcel Gold	Intro	6:00 PM	6:10 PM	
All-Stars	1st WrmUp	6:10 PM	6:22 PM	
Count = 90	Competition	6:25 PM	8:40 PM	
	Awards	8:40 PM		
Eligible for Above session if Xcel Gold & BORN on or Between 6/14/2003 and 2/22/2004				
Saturday, May 14, 2016				
Session 7	Open Stretch	8:00 AM	8:20 AM	2:50
Xcel Gold	Intro	8:20 AM	8:30 AM	
All-Stars	1st WrmUp	8:30 AM	8:42 AM	
Count = 91	Competition	8:45 AM	10:50 AM	
	Awards	10:50 AM		
Eligible for Above session if Xcel Gold & BORN on or Between 8/4/2002 and 6/13/2003				



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Session #	Description	StartTime	EndTime	SessionTime
Session 8	Open Stretch	11:15 AM	11:35 AM	2:45
Xcel Gold	Intro	11:35 AM	11:45 AM	
All-Stars	1st WrmUp	11:45 AM	11:57 AM	
Count = 91	Competition	12:00 PM	2:00 PM	
	Awards	2:00 PM		
Eligible for Above session if Xcel Gold & BORN on or Before 8/3/2002				
Session 9	Open Stretch	2:00 PM	2:20 PM	2:15
Gold Team	Intro	2:20 PM	2:50 PM	
State Team	1st WrmUp	2:50 PM	2:56 PM	
Count = 48	Competition	3:00 PM	4:15 PM	
	Awards	4:15 PM		
Eligible for Above session if Qualified as Xcel Gold STATE TEAM member				
Session 10	Open Stretch	4:25 PM	4:45 PM	3:20
Plat & Diam Team	Intro	4:45 PM	5:15 PM	
State Team	1st WrmUp	5:15 PM	5:24 PM	
Count XP = 48	Competition	5:25 PM	7:45 PM	
Count XD = 12	Awards	7:45 PM		
Eligible for Above session if Qualified as Xcel Platinum or Diamond STATE TEAM member				
Sunday, May 15, 2016				
Session 11	Open Stretch	8:00 AM	8:20 AM	3:15
Xcel Platinum	Intro	8:20 AM	8:30 AM	
All-Stars	1st WrmUp	8:30 AM	8:45 AM	
Count = 75	Competition	8:45 AM	11:15 AM	
	Awards	11:15 AM		
Eligible for Above session if Xcel Platinum & BORN on or Between 3/5/2004 and 5/15/2008				
Session 12	Open Stretch	11:40 AM	12:00 PM	3:15
Xcel Platinum	Intro	12:00 PM	12:10 PM	
All-Stars	1st WrmUp	12:10 PM	12:25 PM	
Count = 75	Competition	12:25 PM	2:55 PM	
	Awards	2:55 PM		
Eligible for Above session if Xcel Platinum & BORN on or Between 10/14/2002 and 3/4/2004				
Session 13	Open Stretch	3:05 PM	3:25 PM	3:25
Plat & Diam	Intro	3:25 PM	3:35 PM	
All-Stars	1st WrmUp	3:35 PM	3:50 PM	
Count XP = 70	Competition	3:50 PM	6:30 PM	
Xount XD = 5	Awards	6:30 PM		
Eligible for Above session if Xcel Platinum & BORN on or Before 10/13/2002 ALL Xcel Diamond All-Stars				



COMPETITION SCHEDULE --BLUE GYM

Session #	Description	StartTime	EndTime	SessionTime
Thursday, May 12, 2016				
Session 1	Open Stretch	2:30 PM	2:50 PM	2:45
Xcel Silver	Intro	2:50 PM	3:00 PM	
All-Stars	1st WrmUp	3:00 PM	3:09 PM	
Count = 91	Competition	3:10 PM	5:15 PM	
	Awards	5:15 PM		
Eligible for Above session if Xcel Silver & BORN on or Between 9/13/2007 and 5/15/2010				
Session 2	Open Stretch	5:30 PM	5:50 PM	2:45
Xcel Silver	Intro	5:50 PM	6:00 PM	
All-Stars	1st WrmUp	6:00 PM	6:09 PM	
Count = 90	Competition	6:10 PM	8:15 PM	
	Awards	8:15 PM		
Eligible for Above session if Xcel Silver & BORN on or Between 10/19/2006 and 9/12/2007				
Friday, May 13, 2016				
Session 3	Open Stretch	8:00 AM	8:20 AM	2:45
Xcel Silver	Intro	8:20 AM	8:30 AM	
All-Stars	1st WrmUp	8:30 AM	8:39 AM	
Count = 90	Competition	8:40 AM	10:45 AM	
	Awards	10:45 AM		
Eligible for Above session if Xcel Silver & BORN on or Between 4/8/2006 and 10/18/2006				
Session 4	Open Stretch	10:45 AM	11:05 AM	2:30
Xcel Silver	Intro	11:05 AM	11:15 AM	
All-Stars	1st WrmUp	11:15 AM	11:24 AM	
Count = 89	Competition	11:25 AM	1:15 PM	
	Awards	1:15 PM		
Eligible for Above session if Xcel Silver & BORN on or Between 8/29/2005 and 4/7/2006				
Session 5	Open Stretch	1:30 PM	1:50 PM	2:45
Xcel Silver	Intro	1:50 PM	2:00 PM	
All-Stars	1st WrmUp	2:00 PM	2:09 PM	
Count = 90	Competition	2:10 PM	4:15 PM	
	Awards	4:15 PM		
Eligible for Above session if Xcel Silver & BORN on or Between 2/16/2005 and 8/28/2005				
Session 6	Open Stretch	4:40 PM	5:00 PM	2:45
Xcel Silver	Intro	5:00 PM	5:10 PM	
All-Stars	1st WrmUp	5:10 PM	5:19 PM	
Count = 90	Competition	5:20 PM	7:25 PM	
	Awards	7:25 PM		
Eligible for Above session if Xcel Silver & BORN on or Between 7/2/2004 and 2/15/2005				
Saturday, May 14, 2016				
Session 7	Open Stretch	8:00 AM	8:20 AM	2:45
Xcel Silver	Intro	8:20 AM	8:30 AM	
All-Stars	1st WrmUp	8:30 AM	8:39 AM	
Count = 91	Competition	8:40 AM	10:45 AM	
	Awards	10:45 AM		
Eligible for Above session if Xcel Silver & BORN on or Between 9/18/2003 and 7/1/2004				

COMPETITION SCHEDULE --BLUE GYM

Session #	Description	StartTime	EndTime	SessionTime
Session 8	Open Stretch	10:45 AM	11:05 AM	2:45
Xcel Silver	Intro	11:05 AM	11:15 AM	
All-Stars	1st WrmUp	11:15 AM	11:24 AM	
Count = 91	Competition	11:25 AM	1:30 PM	
	Awards	1:30 PM		
Eligible for Above session if Xcel Silver & BORN on or Before 9/17/2003				
Session 9	Open Stretch	2:00 PM	2:20 PM	2:15
Silver Team	Intro	2:20 PM	2:50 PM	
State Team	1st WrmUp	2:50 PM	2:54 PM	
Count = 48	Competition	2:55 PM	4:15 PM	
	Awards	4:15 PM		
Eligible for Above session if Qualified as Xcel Silver STATE TEAM member				
Session 10	Open Stretch	4:25 PM	4:45 PM	2:05
Bronze Team	Intro	4:45 PM	5:15 PM	
State Team	1st WrmUp	5:15 PM	5:18 PM	
Count = 42	Competition	5:20 PM	6:30 PM	
	Awards	6:30 PM		
Eligible for Above session if Qualified as Xcel Bronze STATE TEAM member				
Session 11	Open Stretch	6:45 PM	7:05 PM	2:40
Xcel Bronze	Intro	7:05 PM	7:15 PM	
All-Stars	1st WrmUp	7:15 PM	7:21 PM	
Count = 90	Competition	7:25 PM	9:25 PM	
	Awards	9:25 PM		
Eligible for Above session if Xcel Bronze & BORN on or Between 7/11/2008 and 5/15/2011				
Sunday, May 15, 2016				
Session 12	Open Stretch	8:00 AM	8:20 AM	2:40
Xcel Bronze	Intro	8:20 AM	8:30 AM	
All-Stars	1st WrmUp	8:30 AM	8:36 AM	
Count = 90	Competition	8:40 AM	10:40 AM	
	Awards	10:40 AM		
Eligible for Above session if Xcel Bronze & BORN on or Between 9/10/2007 and 7/10/2008				
Session 13	Open Stretch	10:20 AM	10:40 AM	2:40
Xcel Bronze	Intro	10:40 AM	10:50 AM	
All-Stars	1st WrmUp	10:50 AM	10:56 AM	
Count = 90	Competition	11:00 AM	1:00 PM	
	Awards	1:00 PM		
Eligible for Above session if Xcel Bronze & BORN on or Between 12/10/2006 and 9/9/2007				
Session 14	Open Stretch	1:10 PM	1:30 PM	2:40
Xcel Bronze	Intro	1:30 PM	1:40 PM	
All-Stars	1st WrmUp	1:40 PM	1:46 PM	
Count = 90	Competition	1:50 PM	3:50 PM	
	Awards	3:50 PM		
Eligible for Above session if Xcel Bronze & BORN on or Between 2/6/2006 and 12/9/2006				
Session 15	Open Stretch	3:40 PM	4:00 PM	2:40
Xcel Bronze	Intro	4:00 PM	4:10 PM	
All-Stars	1st WrmUp	4:10 PM	4:16 PM	
Count = 90	Competition	4:20 PM	6:20 PM	
	Awards	6:20 PM		
Eligible for Above session if Xcel Bronze & BORN on or Between 2/27/2005 and 2/5/2006				



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Session #	Description	StartTime	EndTime	SessionTime
Sunday, May 15, 2016				
Session 16	Open Stretch	6:45 PM	7:05 PM	2:40
Xcel Bronze	Intro	7:05 PM	7:15 PM	
All-Stars	1st WrmUp	7:15 PM	7:21 PM	
Count = 91	Competition	7:25 PM	9:25 PM	
	Awards	9:25 PM		
Eligible for Above session if Xcel Bronze & BORN on or Before 2/26/2005				