

2022 Xcel Regionals

Foley Event Center, 1001 E Pride Blvd, Foley, AL 36535

Gym A

Friday May 6, 2022				Saturday May 7, 2022			
<u>Session A01</u>	Gold	80 athletes		<u>Session A05</u>	Gold	84 athletes	
Ch A,B,C,D				Sr G,H,I,J			
BORN ON OR AFTER 4/29/2012 (YOUNGEST)				BORN ON OR BEFORE 7/15/2008 (OLDEST)			
Stretch		8:00-8:20 AM		Stretch		8:00-8:20 AM	
March In		8:20-8:30 AM		March In		8:20-8:30 AM	
Warm Up/Compete		8:30-11:03 AM		Warm Up/Compete		8:30-11:17 AM	
<u>Session A02</u>	Gold	80 athletes		<u>Session A06</u>	Platinum	82 athletes	
Ch E,F,G,H				AGE GROUPS E F G H			
BORN 6/8/2011 TO 4/28/2012				BORN 11/13/2008 TO 1/4/2010			
Stretch		11:15 - 11:35 AM		Stretch		11:30 - 11:50 PM	
March In		11:35 - 11:45 AM		March In		11:50 - 12:00 PM	
Warm Up/Compete		11:45 - 2:19 PM		Warm Up/Compete		12:00 - 3:01 PM	
<u>Session A03</u>	Gold	80 athletes		<u>Session A07</u>	Platinum	82 athletes	
Ch I,J,K Jr A				AGE GROUPS I J K L			
BORN 11/30/2010 TO 6/7/2011				BORN 12/3/2007 TO 11/12/2008			
Stretch		2:31 - 2:51 PM		Stretch		3:10 - 3:20 PM	
March In		2:51 - 3:01 PM		March In		3:20 - 3:30 PM	
Warm Up/Compete		3:01 - 5:34 PM		Warm Up/Compete		3:30 - 6:40 PM	
<u>Session A04</u>		64 athletes		<u>Session A08</u>		64 athletes	
All Ages Gold State Team				All Ages Platinum Team			
Stretch		5:47 - 6:07 PM		Stretch		6:50 - 7:10 PM	
March In		6:07 - 6:17 PM		March In		7:10 - 7:20 PM	
Warm Up/Compete		6:17 - 8:27 PM		Warm Up/Compete		7:20 - 9:34 PM	
Coaches Meeting Video https://youtu.be/7r8PhwEpwCA							

Sunday May 8, 2022							
Gym A							
<u>Session A09</u>	Silver	76 athletes		<u>Session A11</u>	Silver	80 athletes	
AGE GROUPS A B C D				AGE GROUPS I J K L			
BORN ON OR AFTER 7/4/2013 (YOUNGEST)				BORN 11/28/2011 TO 9/11/2012			
Stretch		8:00-8:20 AM		Stretch		2:00 - 2:20 PM	
March In		8:20-8:30 AM		March In		2:20 - 2:30 PM	
Warm Up/Compete		8:30-10:47 AM		Warm Up/Compete		2:30 - 4:47 PM	
<u>Session A10</u>	Silver	80 athletes		<u>Session A12</u>	Silver Team	64 athletes	
AGE GROUPS E F G H				All Ages			
BORN 9/12/2012 TO 7/3/2013							
Stretch		11:00 - 11:20 AM		Stretch		5:00 - 5:20 PM	
March In		11:20 - 11:30 AM		March In		5:20 - 5:30 PM	
Warm Up/Compete		11:30 - 1:48 PM		Warm Up/Compete		5:30 - 7:12 PM	
Coaches Meeting Video https://youtu.be/7r8PhwEpwCA							

2022 Xcel Regionals

Foley Event Center, 1001 E Pride Blvd, Foley, AL 36535

Gym B

Friday May 6, 2022				Saturday May 7, 2022			
<u>Session B01</u>	Gold	80 athletes		<u>Session B05</u>	Platinum	82 athletes	
Jr B,C,D,E				AGE GROUPS A B C D			
BORN 5/26/2010 TO 11/29/2010				BORN ON OR AFTER 1/5/2010 (YOUNGEST)			
Stretch		8:00-8:20 AM		Stretch		8:00-8:20 AM	
March In		8:20-8:30 AM		March In		8:20-8:30 AM	
Warm Up/Compete		8:30-11:03 AM		Warm Up/Compete		8:30-11:30 AM	
<u>Session B02</u>	Gold	80 athletes		<u>Session B06</u>	Platinum	82 athletes	
Jr F,G,H,I				AGE GROUPS M N O P			
BORN 10/30/2009 TO 5/25/2010				BORN ON OR BEFORE 12/2/2007 (OLDEST)			
Stretch		11:15- 11:35 AM		Stretch		11:40 - 12:00 PM	
March In		11:35 - 11:45 AM		March In		12:00 - 12:10 PM	
Warm Up/Compete		11:45 - 2:19 PM		Warm Up/Compete		12:10 - 3:10 PM	
<u>Session B03</u>	Gold	81 athletes		<u>Session B07</u>	Diamond	72 athletes	
Jr J K, Sr A, B				BORN ON OR AFTER 1/17/2005 (YOUNGEST)			
BORN 4/28/2009 TO 10/29/2009							
Stretch		2:31 - 2:51 PM		Stretch		3:20 - 3:40 PM	
March In		2:51 - 3:01 PM		March In		3:40 - 3:50 PM	
Warm Up/Compete		3:01 - 5:49 PM		Warm Up/Compete		3:50 - 6:42 PM	
<u>Session B04</u>	Gold	85 athletes		<u>Session B08</u>		64 athletes	
Sr C,D,E,F				All Ages Diamond Team			
BORN 7/16/2008 TO 4/27/2009				Diamond All Stars BORN ON OR BEFORE 1/16/2005			
Stretch		6:01 - 6:21 PM		Stretch		6:50 - 7:10 PM	
March In		6:21 - 6:31 PM		March In		7:10 - 7:20 PM	
Warm Up/Compete		6:31 - 9:19 PM		Warm Up/Compete		7:20 - 9:54 PM	
Coaches Meeting Video https://youtu.be/7r8PhwEpwCA							

Sunday May 8, 2022							
Gym B							
<u>Session B09</u>	Silver	80 athletes		<u>Session B11</u>	Silver	80 athletes	
AGE GROUPS M N O P				AGE GROUPS U V W X			
BORN 1/22/2011 TO 11/27/2011				BORN ON OR BEFORE 1/15/2010 (OLDEST)			
Stretch		8:00 - 8:20 AM		Stretch		2:00 - 2:20 PM	
March In		8:20 - 8:30 AM		March In		2:20 - 2:30 PM	
Warm Up/Compete		8:30 - 10:47 AM		Warm Up/Compete		2:30 - 4:47 PM	
<u>Session B10</u>	Silver	80 athletes					
AGE GROUPS Q R S T							
BORN 1/16/2010 TO 1/21/2011							
Stretch		11:00 - 11:20 AM					
March In		11:20 - 11:30 AM					
Warm Up/Compete		11:30 - 1:47 PM					
Coaches Meeting Video https://youtu.be/7r8PhwEpwCA							