2022 Xcel Regionals Foley Event Center, 1001 E Pride Blvd, Foley, AL 36535 Gym A

2022 Xcel Regionals

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

Gym B

Gym A				Gym B				
Friday May 6, 2022		Saturday May 7, 2	Saturday May 7, 2022		Friday May 6, 2022		Saturday May 7, 2022	
Session A01 Gold	80 athletes	Session A05 Gold	84 athletes	Session B01 Gold	80 athletes	Session B05 Platinum	82 athletes	
Ch A,B,C,D BORN ON OR AFTER 4/29/2012 (YOUNGEST)			Sr G,H,I,J BORN ON OR BEFORE 7/15/2008 (OLDEST)		Jr B,C.D.E BORN 5/26/2010 TO 11/29/2010		AGE GROUPS A B C D BORN ON OR AFTER 1/5/2010 (YOUNGEST)	
	. ,		. ,				. ,	
Stretch	8:00-8:20 AM	Stretch	8:00-8:20 AM	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	March In	8:20-8:30 AM	March In	8:20-8:30 AM	
Varm Up/Compete	8:30-11:03 AM	Warm Up/Compete	8:30-11:17 AM	Warm Up/Compete	8:30-11:03 AM	Warm Up/Compete	8:30-11:30 AM	
Session A02 Gold	80 athletes	Session A06 Platinum	82 athletes	Session B02 Gold	80 athletes	Session B06 Platinum	82 athletes	
		AGE GROUPS E F G H			Jr F,G,H,I		AGE GROUPS M N O P	
BORN 6/8/2011 TO 4/28	/2012	BORN 11/13/2008 TO 1/4		BORN 10/30/2009 TO 5/2	25/2010	BORN ON OR BEFORE 1	2/2/2007 (OLDEST)	
Stretch	11:15 - 11:35 AM	Stretch	11:30 - 11:50 PM	Stretch	11:15- 11:35 AM	Stretch	11:40 - 12:00 PM	
March In	11:35 - 11:45 AM	March In	11:50 - 12:00 PM	March In	11:35 - 11:45 AM	March In	12:00 - 12:10 PM	
Varm Up/Compete	11:45 - 2:19 PM	Warm Up/Compete	12:00 - 3:01 PM	Warm Up/Compete	11:45 - 2:19 PM	Warm Up/Compete	12:10 - 3:10 PM	
Session A03 Gold	80 athletes	Session A07 Platinum	82 athletes	Session B03 Gold	81 athletes	Session B07 Diamond	72 athletes	
Ch I,J,K Jr A		AGE GROUPS I J K L		Jr J K, Sr A, B		BORN ON OR AFTER 1/1	7/2005 (YOUNGEST)	
BORN 11/30/2010 TO 6/7/2011		BORN 12/3/2007 TO 11/	BORN 12/3/2007 TO 11/12/2008		BORN 4/28/2009 TO 10/29/2009			
Stretch	2:31 - 2:51 PM	Stretch	3:10 - 3:20 PM	Stretch	2:31 - 2:51 PM	Stretch	3:20 - 3:40 PM	
March In	2:51 - 3:01 PM	March In	3:20 - 3:30 PM	March In	2:51 - 3:01 PM	March In	3:40 - 3:50 PM	
Narm Up/Compete	3:01 - 5:34 PM	Warm Up/Compete	3:30 - 6:40 PM	Warm Up/Compete	3:01 - 5:49 PM	Warm Up/Compete	3:50 - 6:42 PM	
Session A04 All Ages Gold State	64 athletes	Session A08	64 athletes	<u>Session B04</u> Gold Sr C,D,E,F	85 athletes	Session B08	64 athletes	
All Ages Gold Stat	le realli	All Ages Flauliulli	All Ages Platinum Team		ST C, D, E, F BORN 7/16/2008 TO 4/27/2009		All Ages Diamond Team Diamond All Stars BORN ON OR BEFORE 1/16/2	
Stretch	5 43 0 03 DM	Stretch	6:50 - 7:10 PM	Stretch	6:01 - 6:21 PM	Stretch	6:50 - 7:10 PM	
				Stretch	0.01 = 0.21 F W	SUEIGN	0.30 - 7.10 F M	
	5:47 - 6:07 PM		7:10 7:20 DM	Marah In	6:01 6:01 DM	Marah In	7.10 7.20 DM	
March In	6:07 - 6:07 PM 6:07 - 6:17 PM 6:17 - 8:27 PM	March In Warm Up/Compete	7:10 - 7:20 PM 7:20 - 9:34 PM	March In Warm Up/Compete	6:21 - 6:31 PM 6:31 - 9:19 PM	March In Warm Up/Compete	7:10 - 7:20 PM 7:20 - 9:54 PM	
March In Warm Up/Compete	6:07 - 6:17 PM 6:17 - 8:27 PM	March In					7:20 - 9:54 PM	
March In	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u>	March In Warm Up/Compete			6:31 - 9:19 PM Coaches Meeting Video	Warm Up/Compete	7:20 - 9:54 PM	
/larch In Warm Up/Compete	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u>	March In Warm Up/Compete		Warm Up/Compete	6:31 - 9:19 PM Coaches Meeting Video	Warm Up/Compete	7:20 - 9:54 PM	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u>	March In Warm Up/Compete <u>s://youtu.be/7r8PhwEpwCA</u> <u>Session A11</u> Silver		Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver	6:31 - 9:19 PM Coaches Meeting Video	Warm Up/Compete <u>https://youtu.be/7r8Phy</u> <u>Session B11</u> Silver	7:20 - 9:54 PM	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver AGE GROUPS A B C D	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes	March In Warm Up/Compete s://youtu.be/7r8PhwEpwCA Session A11 Silver AGE GROUPS I J K L	7:20 - 9:34 PM 80 athletes	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 AGE GROUPS M N O P	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes	Warm Up/Compete https://voutu.be/7r8Phy Session B11 Silver AGE GROUPS U V W X	7:20 - 9:54 PM wEpwCA 80 athletes	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver AGE GROUPS A B C D SORN ON OR AFTER 7/4	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST)	March In Warm Up/Compete s://youtu.be/7r8PhwEpwCA <u>Session A11</u> Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/	7:20 - 9:34 PM 80 athletes 11/2012	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 AGE GROUPS M N O P BORN 1/22/2011 TO 11/2	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011	Warm Up/Compete <u>https://youtu.be/7r8Phn</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST)	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver GE GROUPS A B C D SORN ON OR AFTER 7/4 Stretch	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM	March In Warm Up/Compete s://youtu.be/7r8PhwEpwCA <u>Session A11</u> Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM	Warm Up/Compete <u>https://youtu.be/7r8Phr</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM	
Aarch In Varm Up/Compete Sunday May 8, 2 Gym A Gession A09 Silver AGE GROUPS A B C D 30RN ON OR AFTER 7/4 Stretch Aarch In	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST)	March In Warm Up/Compete s://youtu.be/7r8PhwEpwCA <u>Session A11</u> Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/	7:20 - 9:34 PM 80 athletes 11/2012	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 AGE GROUPS M N O P BORN 1/22/2011 TO 11/2	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011	Warm Up/Compete <u>https://youtu.be/7r8Phn</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST)	
Varch In Narm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver AGE GROUPS A B C D BORN ON OR AFTER 7/4 Varch In Narm Up/Compete	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM	March In Warm Up/Compete bs://youtu.be/7r8PhwEpwCA Session A11 Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In Warm Up/Compete	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In Warm Up/Compete	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver AGE GROUPS A B C D SORN ON OR AFTER 7/4 Stretch Aarch In Varm Up/Compete Session A10 Silver	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM 8:30-10:47 AM	March In Warm Up/Compete ss://youtu.be/7r8PhwEpwCA Session A11 Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM 8:30 - 10:47 AM	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver AGE GROUPS A B C D SORN ON OR AFTER 7/4 Aarch In Varm Up/Compete Session A10 Silver AGE GROUPS E F G H	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM 8:30-10:47 AM 80 athletes	March In Warm Up/Compete as://youtu.be/7r8PhwEpwCA <u>Session A11</u> Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In Warm Up/Compete <u>Session A12</u> Silver Tea	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In Warm Up/Compete Session B10 Silver AGE GROUPS Q R S T	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM 8:30 - 10:47 AM 80 athletes	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM	
March In Warm Up/Compete Sunday May 8, 2 Gym A Session A09 Silver AGE GROUPS A B C D 30RN ON OR AFTER 7/4 Stretch March In Warm Up/Compete Session A10 Silver AGE GROUPS E F G H 30RN 9/12/2012 TO 7/3/	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM 8:30-10:47 AM 80 athletes //2013	March In Warm Up/Compete bs://youtu.be/7r8PhwEpwCA Session A11 Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In Warm Up/Compete Session A12 Silver Tea All Ages	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM am 64 athletes	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In Warm Up/Compete Session B10 Silver AGE GROUPS Q R S T BORN 1/16/2010 TO 1/21	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM 8:30 - 10:47 AM 80 athletes 2/2011	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM	
Aarch In Varm Up/Compete Sunday May 8, 2 Sym A Gession A09 Silver AGE GROUPS A B C D 30RN ON OR AFTER 7/4 Stretch Aarch In Varm Up/Compete Gession A10 Silver AGE GROUPS E F G H 30RN 9/12/2012 TO 7/3, Stretch	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM 8:30-10:47 AM 80 athletes //2013 11:00 - 11:20 AM	March In Warm Up/Compete ss://youtu.be/7r8PhwEpwCA Session A11_Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In Warm Up/Compete Session A12_Silver Tea All Ages Stretch	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM am 64 athletes 5:00 - 5:20 PM	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In Warm Up/Compete Session B10 Silver AGE GROUPS Q R S T BORN 1/16/2010 TO 1/21 Stretch	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM 8:30 - 10:47 AM 80 athletes 2/2011 11:00 - 11:20 AM	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM	
March In Warm Up/Compete Sunday May 8, 2 Gym A Gession A09 Silver AGE GROUPS A B C D 30RN ON OR AFTER 7/4 Stretch March In	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM 8:30-10:47 AM 80 athletes //2013	March In Warm Up/Compete bs://youtu.be/7r8PhwEpwCA Session A11 Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In Warm Up/Compete Session A12 Silver Tea All Ages	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM am 64 athletes	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In Warm Up/Compete Session B10 Silver AGE GROUPS Q R S T BORN 1/16/2010 TO 1/21	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM 8:30 - 10:47 AM 80 athletes 2/2011	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM wEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM	
March In Warm Up/Compete Sunday May 8, 2 Sym A Session A09 Silver AGE GROUPS A B C D SORN ON OR AFTER 7/4 Stretch March In Warm Up/Compete Session A10 Silver AGE GROUPS E F G H SORN 9/12/2012 TO 7/3, Stretch March In	6:07 - 6:17 PM 6:17 - 8:27 PM Coaches Meeting Video <u>http</u> 2022 76 athletes 4/2013 (YOUNGEST) 8:00-8:20 AM 8:20-8:30 AM 8:30-10:47 AM 80 athletes //2013 11:00 - 11:20 AM 11:20 - 11:30 AM 11:30 - 1:48 PM	March In Warm Up/Compete bs://youtu.be/7r8PhwEpwCA <u>Session A11</u> Silver AGE GROUPS I J K L BORN 11/28/2011 TO 9/ Stretch March In Warm Up/Compete <u>Session A12</u> Silver Tea All Ages Stretch March In	7:20 - 9:34 PM 80 athletes 11/2012 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM am 64 athletes 5:00 - 5:20 PM 5:20 - 5:30 PM	Warm Up/Compete Sunday May 8, 2 Gym B Session B09 Silver AGE GROUPS M N O P BORN 1/22/2011 TO 11/2 Stretch March In Warm Up/Compete Session B10 Silver AGE GROUPS Q R S T BORN 1/16/2010 TO 1/21 Stretch March In	6:31 - 9:19 PM Coaches Meeting Video 2022 80 athletes 27/2011 8:00 - 8:20 AM 8:20 - 8:30 AM 8:30 - 10:47 AM 80 athletes /2011 11:00 - 11:20 AM 11:20 - 11:30 AM	Warm Up/Compete <u>https://youtu.be/7r8Phv</u> <u>Session B11</u> Silver AGE GROUPS U V W X BORN ON OR BEFORE 1 Stretch March In	7:20 - 9:54 PM WEpwCA 80 athletes /15/2010 (OLDEST) 2:00 - 2:20 PM 2:20 - 2:30 PM 2:30 - 4:47 PM	