

2024 XCel Gold States

Doors Open 7:30 a.m.

Saturday April 20th

Session 1

8:00 a.m.	Open Stretch
8:30 a.m.	Competition
11:30 a.m.	Awards

Session 2

11:30 a.m.	Open Stretch
12:00 p.m.	Competition
3:00 p.m.	Awards

Session 3

3:00 p.m.	Open Stretch
3:30 p.m.	Competition
6:30 p.m.	Awards

Session 4

6:30 p.m.	Open Stretch
7:00 p.m.	Competition
10:00 p.m.	Awards

Sunday April 21st

Session 5

8:00 a.m.	Open Stretch
8:30 a.m.	Competition
11:30 a.m.	Awards

Session 6

11:30 a.m.	Open Stretch
12:00 p.m.	Competition
3:00 p.m.	Awards

Session 7

3:00 p.m.	Open Stretch
3:30 p.m.	Competition
6:30 p.m.	Awards

Session 8

6:30 p.m.	Open Stretch
7:00 p.m.	Competition
10:00 p.m.	Awards