



Friday, March 4, 2022

GYM A

Session 1A: Level 6

Open Stretch/Bar Sets	8:30 am
Introduction	9:00 am
Competition Complete	12:30 pm

Session 2A: Level 6

Open Stretch/Bar Sets	1:00 pm
Introduction	1:30 pm
Competition Complete	4:45 pm

Session 3A: Level 5/6

Open Stretch/Bar Sets	5:15 pm
Introduction	5:45 pm
Competition Complete	9:15 pm

Saturday, March 5, 2022

GYM A

Session 4A: Level 4

Open Stretch/Bar Sets	8:15 am
Introduction	8:45 am
Competition Complete	11:00 am

Session 5A: Level 4

Open Stretch/Bar Sets	11:30 am
Introduction	12:00 pm
Competition Complete	2:30 pm

Session 6A: Level 3

Open Stretch/Bar Sets	3:00 pm
Introduction	3:30 pm
Competition Complete	6:15 pm

Sunday, March 6, 2022

GYM A

Session 7A: Level 3/Xcel Silver

Open Stretch/Bar Sets	8:00 am
Introduction	8:00 am
Competition Complete	11:30 am

Session 8A: Level 2

Open Stretch/Bar Sets	12:00 pm
Introduction	12:30 pm
Competition Complete	2:45 pm

Session 9A: Xcel Bronze/Silver

Open Stretch/Bar Sets	3:15 pm
Introduction	3:45 pm
Competition Complete	6:15 pm

Friday, March 4, 2022

GYM B

Session 1B: Level 7

Open Stretch/Bar Sets	8:00 am
Introduction	8:30 am
Competition Complete	11:45 am

Session 2B: Xcel Platinum/Diamond

Open Stretch/Bar Sets	12:15 pm
Introduction	12:45 pm
Competition Complete	4:00 pm

Session 3B: Level 8

Open Stretch/Bar Sets	4:30 pm
Introduction	5:00 pm
Competition Complete	8:40 pm

Saturday, March 5, 2022

GYM B

Session 4B: Level 8/9

Open Stretch/Bar Sets	8:00 am
Introduction	8:30 am
Competition Complete	12:00 pm

Session 5B: Level 9

Open Stretch/Bar Sets	12:30 pm
Introduction	1:00 pm
Competition Complete	4:30 pm

Session 6B: Level 10

Open Stretch/Bar Sets	5:00 pm
Introduction	5:30 pm
Competition Complete	9:00 pm

Sunday, March 6, 2022

GYM B

Session 7B: Level 7

Open Stretch/Bar Sets	8:30 am
Introduction	9:00 am
Competition Complete	12:30 am

Session 8B: Xcel Gold

Open Stretch/Bar Sets	1:00 pm
Introduction	1:30 pm
Competition Complete	5:25 pm