



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

THURSDAY, MAY 1<sup>ST</sup>  
GYM A

**SESSION 1A**  
**XCEL GOLD**  
SR D, SR E

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards	3:00 PM

**SESSION 2A**  
**XCEL GOLD**  
SR C

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards	6:00 PM

**SESSION 3A**  
**XCEL GOLD**  
SR B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:12 PM
Awards	10:00 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

THURSDAY, MAY 1<sup>ST</sup>  
GYM B

**SESSION 1B**  
**XCEL DIAMOND /**  
**SAPPHIRE**  
SR B / SR

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:16 PM
Awards	3:00 PM

**SESSION 2B**  
**XCEL DIAMOND /**  
**SAPPHIRE**  
SR A / JR

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:46 PM
Awards	6:30 PM

**SESSION 3B**  
**XCEL DIAMOND**  
Sr A

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:14 PM
Awards	10:00 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, MAY 2<sup>ND</sup>  
GYM A

## **SESSION 4A** **XCEL GOLD** SR A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards	11:30 AM

## **SESSION 5A** **XCEL GOLD** JR E

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards	3:00 PM

## **SESSION 6A** **XCEL GOLD** JR D

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards	6:30 PM

## **SESSION 7A** **XCEL GOLD** JR C

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:12 PM
Awards	10:00 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, MAY 2<sup>ND</sup>  
GYM B

## **SESSION 4B** **XCEL DIAMOND** JR B

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:44 AM
Awards	11:30 AM

## **SESSION 5B** **XCEL DIAMOND** JR A

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:14 PM
Awards	3:00 PM

## **SESSION 6B** **XCEL PLATINUM** CH A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:30 PM

## **SESSION 7B** **XCEL PLATINUM** CH B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	10:00 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, MAY 3<sup>RD</sup>  
GYM A

**SESSION 8A**  
**XCEL GOLD**  
JR B

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards	11:30 AM

**SESSION 9A**  
**XCEL GOLD**  
JR A

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards	3:00 PM

**SESSION 10A**  
**XCEL GOLD**  
CH A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards	6:30 PM

**SESSION 11A**  
**XCEL GOLD**  
CH B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:12 PM
Awards	10:00 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, MAY 3<sup>RD</sup>  
GYM B

**SESSION 8B**  
**XCEL PLATINUM**  
CH C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:30 AM

**SESSION 9B**  
**XCEL PLATINUM**  
JR A

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	3:00 PM

**SESSION 10B**  
**XCEL PLATINUM**  
JR B

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:30 PM

**SESSION 11B**  
**XCEL PLATINUM**  
JR C

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	10:00 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, MAY 4<sup>TH</sup>  
GYM A

**SESSION 12A**  
**XCEL GOLD**  
CH C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards	11:30 AM

**SESSION 13A**  
**XCEL GOLD**  
CH D

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:12 PM
Awards	3:00 PM

**SESSION 14A**  
**XCEL GOLD**  
CH E

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:42 PM
Awards	6:30 PM



# 2025 XCEL GOLD - SAPPHIRE REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, MAY 4<sup>TH</sup>  
GYM B

**SESSION 12B**  
**XCEL PLATINUM**  
SR A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:30 AM

**SESSION 13B**  
**XCEL PLATINUM**  
SR B

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	3:00 PM

**SESSION 14B**  
**XCEL PLATINUM**  
SR C

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:30 PM