

2020 Michigan Level 7 – 10 & Xcel Platinum/Xcel  
Diamond State Meet Schedule of Events

**FRIDAY**

**Modified Capital Cup**

**Session 1: XCEL DIAMOND** (Jr. A, Jr. B, Sr. A, Sr.B)

DOORS OPEN	5:00pm
CHECK IN/GENERAL STRETCH	5:30pm
INTRODUCTIONS	5:50pm
TIMED WARM UP	6:00pm
COMPETITION BEGINS	6:20pm
AWARDS	9:45pm

**Session 2: XCEL PLATINUM** (Ch. B, Jr. E, Sr. A)

DOORS OPEN	5:00pm
CHECK IN/GENERAL STRETCH	5:30pm
INTRODUCTIONS	5:50pm
TIMED WARM UP	6:00pm
COMPETITION BEGINS	6:12pm
AWARDS	8:55pm