

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

SATURDAY

Gym A

Gym B

Modified Capital Cup

Modified Capital Cup

Session 03: LEVEL 9 (Jr. B, Jr. C, Sr. B)

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:50am
AWARDS	11:40am

Session 5: LEVEL 9 (Jr. A, Sr. A, Sr. C)

CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:50pm
AWARDS	3:35pm

Session 7: LEVEL 10 (Jr. A, Sr. B)

CHECK IN/GENERAL STRETCH	3:45pm
INTRODUCTIONS	4:05pm
TIMED WARM UP	4:15pm
COMPETITION BEGINS	4:30pm
AWARDS	7:15pm

Session 9: LEVEL 10 (Jr. B, Sr. A)

CHECK IN/GENERAL STRETCH	7:15pm
INTRODUCTIONS	7:35pm
TIMED WARM UP	7:45pm
COMPETITION BEGINS	8:00pm
AWARDS	10:00pm

Session 4: XCEL PLATINUM (Jr. A, Sr. D, Sr. E)

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:42am
AWARDS	11:25am

Session 6: XCEL PLATINUM (Jr. B, Jr. C, Sr. C)

CHECK IN/GENERAL STRETCH	11:30am
INTRODUCTIONS	11:50pm
TIMED WARM UP	12:00pm
COMPETITION BEGINS	12:12pm
AWARDS	2:50pm

Session 8: XCEL PLATINUM (Ch. D, Ch. E, Jr. D)

CHECK IN/GENERAL STRETCH	3:00pm
INTRODUCTIONS	3:20pm
TIMED WARM UP	3:30pm
COMPETITION BEGINS	3:42pm
AWARDS	6:20pm

Session 10: XCEL PLATINUM (Ch. A, Ch. C, Sr. B)

CHECK IN/GENERAL STRETCH	6:30pm
INTRODUCTIONS	6:50pm
TIMED WARM UP	7:00pm
COMPETITION BEGINS	7:12pm
AWARDS	9:55pm