

2022 Michigan Xcel Bronze, Xcel Silver, and Xcel Gold  
State Meet  
Schedule of Events

**FRIDAY**

**GYM A**

**Modified Capital Cup**

**Session 1: XCEL BRONZE (JR. B, SR. A, SR. B, SR. D)**

DOORS OPEN	4:30pm
CHECK IN/GENERAL STRETCH	5:00pm
INTRODUCTIONS	5:20pm
TIMED WARM UP	5:30pm
COMPETITION BEGINS	5:36pm
AWARDS	7:10pm

**Session 2: XCEL BRONZE (JR. A, JR. C, JR. D, SR. C)**

CHECK IN/GENERAL STRETCH	7:15pm
INTRODUCTIONS	7:35pm
TIMED WARM UP	7:45pm
COMPETITION BEGINS	7:51pm
AWARDS	9:25pm