

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

SATURDAY

Gym A

Gym B

Modified Capital Cup

Modified Capital Cup

Session 3: XCEL SILVER (CH. F, JR. I, SR. E, SR. G)

DOORS OPEN	7:30am
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:39am
AWARDS	10:45am

Session 5: XCEL SILVER (CH. J, JR. B, JR. D, JR. E)

CHECK IN/GENERAL STRETCH	11:15am
INTRODUCTIONS	11:35am
TIMED WARM UP	11:45am
COMPETITION BEGINS	11:53am
AWARDS	2:00pm

Session 7: XCEL SILVER (CH. C, SR. C, SR. H, SR. I)

CHECK IN/GENERAL STRETCH	2:30pm
INTRODUCTIONS	2:50pm
TIMED WARM UP	3:00pm
COMPETITION BEGINS	3:08pm
AWARDS	5:15pm

Session 9: XCEL SILVER (CH. D, CH. H, JR. G, SR. A)

CHECK IN/GENERAL STRETCH	5:45pm
INTRODUCTIONS	6:05pm
TIMED WARM UP	6:15pm
COMPETITION BEGINS	6:23pm
AWARDS	8:30pm

Session 4: XCEL GOLD (CH. F, CH. G, JR. A, SR. A)

DOORS OPEN	7:30am
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:41am
AWARDS	11:40am

Session 6: XCEL GOLD (CH. B, CH. E, JR. F, SR. D)

CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:41pm
AWARDS	3:40pm

Session 8: XCEL GOLD (CH. C, JR. C, JR. E, SR. E)

CHECK IN/GENERAL STRETCH	4:00pm
INTRODUCTIONS	4:20pm
TIMED WARM UP	4:30pm
COMPETITION BEGINS	4:41pm
AWARDS	7:40pm