

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

**SUNDAY**

**Gym A**

**Modified Capital Cup**

**Session 10: XCEL SILVER (JR. F, JR. H, SR. B, SR. F)**

|                          |         |
|--------------------------|---------|
| DOORS OPEN               | 7:30am  |
| CHECK IN/GENERAL STRETCH | 8:00am  |
| INTRODUCTIONS            | 8:20am  |
| TIMED WARM UP            | 8:30am  |
| COMPETITION BEGINS       | 8:39am  |
| AWARDS                   | 10:50am |

**Session 12: XCEL SILVER (CH. B, CH. G, CH. I, JR. A)**

|                          |         |
|--------------------------|---------|
| CHECK IN/GENERAL STRETCH | 11:00am |
| INTRODUCTIONS            | 11:20am |
| TIMED WARM UP            | 11:30am |
| COMPETITION BEGINS       | 11:38am |
| AWARDS                   | 1:40pm  |

**Session 14: XCEL SILVER (CH. A, CH. E, JR. C, SR. D)**

|                          |        |
|--------------------------|--------|
| CHECK IN/GENERAL STRETCH | 2:00pm |
| INTRODUCTIONS            | 2:20pm |
| TIMED WARM UP            | 2:30pm |
| COMPETITION BEGINS       | 2:39pm |
| AWARDS                   | 5:00pm |

**Gym B**

**Modified Capital Cup**

**Session 11: XCEL GOLD (CH. A, CH. D, JR. B, SR. H)**

|                          |         |
|--------------------------|---------|
| 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 13: XCEL GOLD (JR. G, JR. H, SR. B, SR. G)**

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

**Session 15: XCEL GOLD (CH. H, JR. D, SR. C, SR. F)**

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