

## Saturday December 10<sup>th</sup>, 2022

Doors Open 7:30 a.m.

### Gym A

#### **Session 1: Level 6**

8:00-8:20 a.m. Open Stretch  
8:20 – 8:40 a.m. Announce Teams/National Anthem  
8:40 a.m. Competition  
10:50 a.m. Awards in Prosser Hall

#### **Session 2: Level 7**

11:00 – 11:20 a.m. Open Stretch  
11:20 – 11:30 a.m. Announc Teams  
11:30 a.m. Competition  
2:30 p.m. Awards in Prosser Hall

#### **Session 3: Level 8**

2:30 – 3:00 p.m. Open Stretch  
3:00 – 3:20 p.m. Announce Teams  
3:20 p.m. Competition  
5:50 p.m. Awards in Prosser Hall

#### **Session 4: Level 9/10**

6:00 – 6:30 p.m. Open Stretch  
6:30 – 6:40 p.m. Announce Teams  
6:40 p.m. Competition  
9:40 p.m. Awards in Prosser Hall

### Gym B

#### **Session 1: Xcel Bronze**

8:00-8:20 a.m. Open Stretch  
8:20 a.m. Announce Teams/National Anthem  
8:40 a.m. Competitiong  
10:15 a.m. Awards in Prosser Hall

#### **Session 2: Xcel Gold**

10:15 – 10:35 a.m. Open Stretch  
10:35 -10:45 a.m. Announce Teams  
10:45 a.m. Competition  
2:00 p.m. Awards in Prosser Hall

***Session 3: Xcel Plat, Diam, Sapph***

2:00 – 2:30 p.m.	Open Stretch
2:30 – 2:50 p.m.	Announce Teams
2:50 p.m.	Competition
6:30 p.m.	Awards