



- Please arrive no more than 30 minutes prior to the session -

- If we are running ahead of schedule, we may start 15 minutes early -

The number of coaches needed for a session is listed after the club if more than 1

### Friday, April 10th

**Session 1 - Xcel Gold** 7:45 AM Check in  
 Balance, EGA, Full Force, Gymstrada, North Stars GA, Paragon, 8:00 AM Open Stretch  
 Stafford Royals, Tidewater 11:00 AM Awards

**Session 2 - Xcel Gold** 11:00 AM Check in  
 Above The Bar, BRAG (2), Dynamic, Galax, Gym Quest, Ocean Tumblers (3) 11:15 AM Open Stretch  
 2:15 PM Awards

**Session 3 - Level 4** 2:15 PM Check in  
 Above The Bar, Aerial East, Balance, BRAG (2), Dynamic, Full Force, 2:30 PM Open Stretch  
 Gym Quest, VEGA (2), World Class (Suffolk)(2) 5:15 PM Awards

**Session 4 - Level 4** 5:15 PM Check in  
 Capital (2), EGA, Ocean Tumblers, Paragon, Pure, World Class (NN)(2) 5:30 PM Open Stretch  
 8:15 PM Awards

### Saturday, April 11th

**Session 5 - Level 2 & Xcel Bronze** 7:45 AM Check in  
 Level 2 - Aerial East, Gym Quest 8:00 AM Open Stretch  
 Bronze - Balance (2), Full Force, Paragon (2), Stafford Royals, Tidewater (2) 10:30 AM Awards

**Session 6 - Xcel Bronze** 10:30 AM Check in  
 Above The Bar, Dynamic, EGA, Galax (2), Gymstrada (2), 10:45 AM Open Stretch  
 Ocean Tumblers (2) 1:15 PM Awards

**Session 7 - Xcel Silver** 1:15 PM Check in  
 Above The Bar, Balance, Full Force, Galax, Gym Quest, Gymstrada (2), 1:30 PM Open Stretch  
 Tidewater (2) 4:00 PM Awards

**Session 8 - Xcel Silver** 4:00 PM Check in  
 Dynamic, EGA, Ocean Tumblers (3), Paragon (2), Stafford Royals 4:15 PM Open Stretch  
 6:45 PM Awards

**Session 9 - Level 3** 6:45 PM Check in  
 Above The Bar, BRAG, Dynamic, EGA (2), Full Force, Ocean Tumblers, 7:00 PM Open Stretch  
 VEGA (2), World Class (Suffolk)(2) 9:45 PM Awards

### Sunday, April 12th

**Session 10 - Level 3** 7:45 AM Check in  
 Aerial East, Balance, Capital, Gym Quest, Ocean Tumblers, Paragon (2), 8:00 AM Open Stretch  
 Pure, World Class (NN)(2) 10:45 AM Awards

**Session 11 - Xcel Diamond and Sapphire** 10:45 AM Check in  
 Apex (Sa), BRAG (Di), Full Force (Di), Gymstrada (Di&Sa) 11:00 AM Open Stretch  
 North Stars GA (Di&Sa)(2), Ocean Tumblers (Di&Sa), Stafford Royals (Di) 2:30 PM Awards

**Session 12 - Xcel Platinum** 2:30 PM Check in  
 Above The Bar, Balance, BRAG, Dynamic, EGA, Full Force, Gym Quest, 2:45 PM Open Stretch  
 Gymstrada, NorthStars GA, Ocean Tumblers, Paragon, Stafford Royals, 6:30 PM Awards  
 Tidewater

Live scoring will be available at  
 MeetScoresOnline.com, ScoreCatOnline.com and the ScoreCat phone app