

2022 Xcel Regional Invitational

Session Times (updated 5/16/22)

(underlined clubs are split, please plan accordingly**)

Friday 6/3/22

Session 1: Bronze (65 gymnasts) ALL (Riverview, Dulles, Gym Elite, Head over Heels, KMC, Mid Coast, Pro Health, Rising Stars, Apollo, Stick It, Synergy Sportz, USG Gymnastics Dev Center I, Windsor, Wyoming Valley)

12 Open stretch

12:20 March in

12:30 Competition

Session 2: Silver (61 gymnasts) Gym Time, Rising Stars, Riverview, SMGA, Stick It, Windsor, USA, US Gymnastics Dev Center I, VARE, Rogers

2:35 Open stretch

2:55 March In

3:05 Competition

Session 3: Gold (67 gymnasts) SMGA, Stick It, Twisters, USA, US Gymnastics Dev Center I, VARE, Will Moor, Windsor, Xtreme, Balance, Synergy Sportz, GFTG, Rogers, Ignite

5:35 Open stretch

5:55 March In

6:05 Competition

Saturday 6/4/22

(underlined clubs are split, please plan accordingly**)

Session 4: Silver (67 gymnasts) GMS, Gym Elite, Gym Quest, Pro Health, Head over Heels, KMC, Mid Coast, Mountain, MAGMA, Xtreme, Balance

8 Open Stretch

8:20 March In

8:30 Competition

Session 5: Silver (62 gymnasts) Synergy Sportz, Apollo, Atlantic Coast, Berks East, BRAG, Dulles, EMG, Expressions, Falcon, Wyoming Valley, Ultimate Gymnastics

10:35 Open stretch

10:55 March In

11:05 Competition

Session 6: Gold (66 gymnasts) Apex, Apollo, Atlantic Coast, Berks East, BRAG, Coppermine, Dulles, Expressions, FGC, Falcon, Giant, GMS

1:30 Open stretch

1:50 March In

2:00 Competition

Session 7: Platinum (76 gymnasts) Apex, Apollo, Arlington Aerials, Atlantic Coast Berks East, BRAG, Coppermine, Dulles, Twisters, Mountain, FGC, Giant, GMS, Gym Time, Gymnastics Inc, KMC, Maverick, Mountain, Rising Stars, Premier, Balance

4:50 Open stretch

5:10 March In

5:20 Competition

Sunday 6/5/22

(underlined clubs are split, please plan accordingly**)

Session 8: Gold (64 gymnasts) Gym Time, Head over Heels, KMC, Mountain, North Stars, MAGMA, Olympiad, Riverview, Wyoming Valley, Ultimate

8 Open Stretch

8:20 March In

11:05 Competition

Session 9: Platinum (67 gymnasts) Mid Coast, MAGMA, North Stars, Olympiad, Riverview, SMGA, EMG, USA, VARE, Will Moor, Windsor, Xtreme, Falcon, GFTG, Gymsport, Summit, Ultimate Gymnastics

11:25 Open stretch

11:45 March In

11:55 Competition

Session 10: Diamond (46 gymnasts) Apex, Apollo, Capital, FGC, North Stars, Dulles, GMS, Giant, Gym Quest, Maverick, Mid Coast, Mountain, Wilson, Falcon, GFTG, Ignite

3:25 Open stretch

3:45 March In

3:55 Competition

Session 11: Diamond (48 gymnasts) MAGMA, Arlington Aerials, Will Moor, Twisters, USA, Olympiad, Synergy Sportz, Gym Time, KMC, Atlantic Coast, Gymsport, Ultimate Gymnastics

6:15 Open stretch

6:35 March IN

6:45 Competition