

**2022 Region 5 Xcel Regional Championships
Schedule of Events**

THURSDAY, MAY 5TH

GYM A

Session 01: DIAMOND – STATE TEAMS, SR B

GENERAL STRETCH	2:00 PM
INTRODUCTIONS	2:20 PM
TIMED WARM UP	2:30 PM
COMPETITION BEGINS	2:46 PM
AWARDS	5:18 PM

Session 03: DIAMOND SR A, SR C, SR D

GENERAL STRETCH	6:00 PM
INTRODUCTIONS	6:20 PM
TIMED WARM UP	6:30 PM
COMPETITION BEGINS	6:48 PM
AWARDS	9:42 PM

**2022 Region 5 Xcel Regional Championships
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FRIDAY, MAY 6th

GYM A

Session 05: GOLD – STATE TEAMS

GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:45 AM
AWARDS	11:41 AM

Session 07: PLATINUM – STATE TEAMS

GENERAL STRETCH	1:00 PM
INTRODUCTIONS	1:20 PM
TIMED WARM UP	1:30 PM
COMPETITION BEGINS	1:45 PM
AWARDS	4:39 PM

Session 09: GOLD – CH A, CH B, CH C

GENERAL STRETCH	5:30 PM
INTRODUCTIONS	5:50 PM
TIMED WARM UP	6:00 PM
COMPETITION BEGINS.	6:12 PM
AWARDS	9:05 PM

**2022 Region 5 Xcel Regional Championships
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SATURDAY, MAY 7TH

GYM A

Session 11: GOLD – CH D, CH E, CH F

GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:42 AM
AWARDS	11:35 AM

Session 13: GOLD – CH G, JR A, JR B

GENERAL STRETCH	12:30 PM
INTRODUCTIONS	12:50 PM
TIMED WARM UP	1:00 PM
COMPETITION BEGINS	1:12 PM
AWARDS	4:05 PM

Session 15: GOLD – SR C, SR D, SR E

GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS.	5:42 PM
AWARDS	8:37 PM

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SUNDAY, MAY 8TH

GYM A

Session 17: GOLD – JR C, JR D, JR E

GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:42 AM
AWARDS	11:35 AM

Session 19: GOLD – JR F, JR G, SR A

GENERAL STRETCH	12:00 PM
INTRODUCTIONS	12:20 PM
TIMED WARM UP	12:30 PM
COMPETITION BEGINS	12:42 PM
AWARDS	3:35 PM

Session 21: GOLD – SR B, SR F, SR G

GENERAL STRETCH	4:00 PM
INTRODUCTIONS	4:20 PM
TIMED WARM UP	4:30 PM
COMPETITION BEGINS.	4:42 PM
AWARDS	7:38 PM

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THURSDAY, MAY 5TH

GYM B

Session 02: PLATINUM – JR B, JR D, JR E

GENERAL STRETCH	2:00 PM
INTRODUCTIONS	2:20 PM
TIMED WARM UP	2:30 PM
COMPETITION BEGINS	2:45 PM
AWARDS	5:31 PM

Session 04: PLATINUM – JR C, SR A, SR B

GENERAL STRETCH	6:00 PM
INTRODUCTIONS	6:20 PM
TIMED WARM UP	6:30 PM
COMPETITION BEGINS	6:45 PM
AWARDS	9:31 PM

**2022 Region 5 Xcel Regional Championships
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FRIDAY, MAY 6th

GYM B

Session 06: PLATINUM – CH D, CH E, JR A

GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:45 AM
AWARDS	11:31 AM

Session 08: PLATINUM – SR C, SR D, SR E

GENERAL STRETCH	1:00 PM
INTRODUCTIONS	1:20 PM
TIMED WARM UP	1:30 PM
COMPETITION BEGINS	1:45 PM
AWARDS	4:33 PM

Session 10: PLATINUM – CH A, CH B, CH C

GENERAL STRETCH	5:30 PM
INTRODUCTIONS	5:50 PM
TIMED WARM UP	6:00 PM
COMPETITION BEGINS.	6:15 PM
AWARDS	9:01 PM

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SATURDAY, MAY 7TH

GYM B

Session 12: SILVER – STATE TEAMS

GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:39 AM
AWARDS	11:01AM

Session 14: SILVER – CH A, CH B, CH C, SR A

GENERAL STRETCH	12:30 PM
INTRODUCTIONS	12:50 PM
TIMED WARM UP	1:00 PM
COMPETITION BEGINS	1:09 PM
AWARDS	3:46 PM

Session 16: SILVER – CH G, JR E, JR F, JR G

GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS.	5:39 PM
AWARDS	8:16 PM

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SUNDAY, MAY 8TH

GYM B

Session 18: SILVER – CH D, JR A, JR B, JR C

GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:40 AM
AWARDS	11:38 AM

Session 20: SILVER – CH E, CH F, SR E, SR F

GENERAL STRETCH	12:00 PM
INTRODUCTIONS	12:20 PM
TIMED WARM UP	12:30 PM
COMPETITION BEGINS	12:39 PM
AWARDS	3:41 PM

Session 22: SILVER – JR D, SR B, SR C, SR D

GENERAL STRETCH	4:00 PM
INTRODUCTIONS	4:20 PM
TIMED WARM UP	4:30 PM
COMPETITION BEGINS.	4:39 PM
AWARDS	7:16 PM