

Xcel Regionals

Myrtle Beach Sports Center, 2115 Farlow Street, Myrtle Beach, SC 29577 May 11-14, 2017

Coastal Gym

Thursday

Session 1A Bronze 81 athletes

12/20/2009 and younger

Stretch 2:00-2:20 PM
March In 2:20-2:30 PM
Warm Up/Compete 2:30-4:35 PM

Session 2 A Bronze 81 athletes

3/16/2009-12/19/2009

Stretch 4:35 - 4:55 PM
March In 4:55-5:05 PM
Warm Up/Compete 5:05 - 7:10 PM

Session 3 A Bronze 81 athletes

8/12/2008-3/15/2009

Stretch 7:10 - 7:30 PM
March In 7:30 - 7:40 PM
Warm Up/Compete 7:40 - 9:35 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

Friday

Session 4 A Bronze 88 athletes

12/31/2007-8/11/2008

Stretch 8:00-8:20 AM
March In 8:20-8:30 AM
Warm Up/Compete 8:30-10:45 AM

Session 5 A Bronze 88 athletes

5/18/2007-12/30/2007

Stretch 10:45 - 11:05 AM
March In 11:05 - 11:15 AM
Warm Up/Compete 11:15 - 1:30 PM

Session 6 A Bronze 88 athletes

9/7/2006-5/17/2007

Stretch 1:30 - 1:50 PM
March In 1:50 - 2:00 PM
Warm Up/Compete 2:00 - 4:15 PM

Session 7 A Bronze 88 athletes

10/14/2005-9/6/2006

Stretch 4:15 - 4:35 PM
March In 4:35 - 4:45 PM
Warm Up/Compete 4:45 - 6:50 PM

Session 8 A Bronze 88 athletes

10/13/2005 and older

Stretch 6:50 - 7:10 PM
March In 7:10 - 7:20 PM
Warm Up/Compete 7:20 - 9:30 PM

Saturday

Session 9 A Silver 96 athletes
6/4/2008 and younger
Stretch 8:00-8:20 AM
March In 8:20-8:30 AM
Warm Up/Compete 8:31-11:20 AM

Session 10 A Silver 96 athletes
7/26/2007-6/3/2008
Stretch 11:20 - 11:40 AM
March In 11:40 - 11:50 AM
Warm Up/Compete 11:50 - 2:40 PM

Session 11 A Silver 96 athletes
11/15/2006-7/25/2007
Stretch 2:40 - 3:00 PM
March In 3:00 - 3:10 PM
Warm Up/Compete 3:10 - 6:00 PM

Session 12 A Bronze Team 48 athletes
All Ages
Stretch 6:00 - 6:20 PM
March In 6:20 - 6:30 PM
Warm Up/Compete 6:30 - 7:50 PM

Session 13 A Silver Team 48 athletes
All Ages
Stretch 7:50 - 8:10 PM
March In 8:10 - 8:20 PM
Warm Up/Compete 8:20 - 9:45 PM

Sunday

Session 14 A Silver 96 athletes
4/14/2006-11/14/2006
Stretch 8:00-8:20 AM
March In 8:20-8:30 AM
Warm Up/Compete 8:31-11:20 AM

Session 15 A Silver 96 athletes
8/20/2005-4/13/2006
Stretch 11:20 - 11:40 AM
March In 11:40 - 11:50 AM
Warm Up/Compete 11:50 - 2:40 PM

Session 16 A Silver 96 athletes
9/22/2004-8/19/2005
Stretch 2:40 - 3:00 PM
March In 3:00 - 3:10 PM
Warm Up/Compete 3:10 - 6:00 PM

Session 17 A Silver 96 athletes
9/21/2004 and older
Stretch 6:00 - 6:20 PM
March In 6:20 - 6:30 PM
Warm Up/Compete 6:30 - 9:15 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

Coastal Gym

Xcel Regionals

Myrtle Beach Sports Center, 2115 Farlow Street, Myrtle Beach, SC 29577 May 11-14, 2017

Crown Gym

Thursday

Session 1 B Gold 79 athletes

7/13/2007 and younger

Stretch 2:30-2:50 PM
March In 2:50-3:00 PM
Warm Up/Compete 3:00-6:05 PM

Session 2 B Gold 79 athletes

8/31/2006-7/12/2007

Stretch 6:05 - 6:25 PM
March In 6:25-6:35 PM
Warm Up/Compete 6:35 - 9:35 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

Friday

Session 3 B Gold 72 athletes

1/31/2006-8/30/2006

Stretch 8:00-8:20 AM
March In 8:20-8:30 AM
Warm Up/Compete 8:30-11:20 AM

Session 4 B Gold 72 athletes

7/1/2005-1/30/2006

Stretch 11:20- 11:40 AM
March In 11:40 - 11:50 AM
Warm Up/Compete 11:50 - 2:40 PM

Session 5 B Gold 72 athletes

1/7/2005-6/30/2005

Stretch 2:40 - 3:00 PM
March In 3:00 - 3:100 PM
Warm Up/Compete 3:10 - 6:00 PM

Session 6 B Gold 73 athletes

5/5/2004-1/6/2005

Stretch 6:00 - 6:205PM
March In 6:25 - 6:35 PM
Warm Up/Compete 6:35 - 9:45 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

Saturday

Session 7 B Gold **72 athletes**
6/18/2003-5/4/2004
Stretch 8:00-8:20 AM
March In 8:20-8:30 AM
Warm Up/Compete 8:30-11:20 AM

Session 8 B Gold **71 athletes**
6/17/2003 and older
Stretch 11:25 - 11:45 AM
March In 11:45 - 11:55 PM
Warm Up/Compete 11:00 - 2:35 PM

Session 9 B Gold Team **48 athletes**
All Ages
Stretch 2:40 - 3:00 PM
March In 3:00 - 3:10 PM
Warm Up/Compete 3:10 - 5:10 PM

Session 10 B P & D Team **64 athletes**
All Ages
Stretch 5:10 - 5:30 PM
March In 5:30 - 5:40 PM
Warm Up/Compete 5:40 - 9:40PM

Crown Gym

Sunday

Session 11 B Platinum **70 athletes**
12/15/2004 and younger
Stretch 8:00-8:20 AM
March In 8:20-8:30 AM
Warm Up/Compete 8:30-11:35 AM

Session 12 B Platinum **70 athletes**
10/7/2002-12/14/2004
Stretch 11:45 - 12:05 PM
March In 12:05 - 12:15 PM
Warm Up/Compete 12:15 - 3:25 PM

Session 13 B Plat & D **67 athletes**
Platinum 10/6/2002 and older 37
Diamond All Ages 30
Stretch 3:30 - 3:50 PM
March In 3:50 - 4:00 PM
Warm Up/Compete 4:00 - 7:10 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.