



2022 Optional & Xcel MN State Championship

FRIDAY - Stars Gym					FRIDAY - Stripes Gym				
Session #	Levels 9 & 7 Ages	Open Stretch	March In	Warm Up	Session #	Diamond Ages	Open Stretch	March In	Warm Up
S1	L9: Jr C, Jr A	8:00am	8:20am	8:30am	X1	XD: Jr A, Jr C, Sr B	2:00pm	2:20pm	2:30pm
S2	L9: Jr B, Sr A, Sr B	11:00am	11:20am	11:30am	X2	XD: Jr B, Jr D, Sr A, Sr C	6:00pm	6:20pm	6:30pm
S3	L7: Jr A, Sr A, Sr B, Jr B	3:00pm	3:20pm	3:30pm					
S4	L7: Jr C, Jr D, Sr C, Sr D	6:00pm	6:20pm	6:30pm					
SATURDAY - Stars Gym					SATURDAY - Stripes Gym				
Session #	Levels 8 & 10 Ages	Open Stretch	March In	Warm Up	Session #	Platinum Ages	Open Stretch	March In	Warm Up
S5	L8: Jr A, Jr, D	8:00am	8:20am	8:30am	X3	XP: Ch B, Ch A, Sr A	8:00am	8:20am	8:30am
S6	L8: Sr A, Sr B, Jr C	10:45am	11:05am	11:15am	X4	XP: Jr E, Ch C, Sr B, Ch D	11:15am	11:35am	11:45am
S7	L8: Jr B, Sr C	2:00pm	2:20pm	2:30pm	X5	XP: Jr D, Ch E, Jr B, Jr C	3:00pm	3:20pm	3:30pm
S8	L10: All	4:45pm	5:05pm	5:15pm	X6	XP: Jr A, Sr C, Sr D	6:30pm	6:50pm	7:00pm
SUNDAY - Stars Gym					SUNDAY - Stripes Gym				
Session #	Level 6 Ages	Open Stretch	March In	Warm Up	Session #	Gold Ages	Open Stretch	March In	Warm Up
S9	L6: Ch A, Jr C, Jr B	8:00am	8:20am	8:30am	X7	XG: Sr D, Jr F, Sr C, Jr B	8:00am	8:20am	8:30am
S10	L6: Ch B, Jr A, Sr C	11:30am	11:50am	12:00pm	X8	XG: Sr A, Jr D, Jr C, Sr E	11:30am	11:50am	12:00pm
S11	L6: Sr A, Sr B, Ch C	3:00pm	3:20pm	3:30pm	X9	XG: Sr H, Jr H, Jr E, Sr G	3:00pm	3:20pm	3:30pm
					X10	XG: Sr B, Jr A, Jr G, Sr F	6:30pm	6:50pm	7:00pm