



2024 Optional & Xcel MN State Championship

FRIDAY - Stars Gym					FRIDAY - Stripes Gym				
Session #	Levels 7 Ages	Open Stretch	March In	Warm Up	Session #	Platinum Ages	Open Stretch	March In	Warm Up
S1	L7: CH B, Sr B, Sr C	11:30am	11:50am	12:00pm	X1	XP: Ch A, Sr A, Sr B	8:00am	8:20am	8:30am
S2	L7: CH A, Jr B, Sr A	2:45pm	3:05pm	3:15pm	X2	XP: Ch D, Jr A, Sr C	11:15am	11:35am	11:45am
S3	L7: Ch C, Jr A, Jr C	6:00pm	6:20pm	6:30pm	X3	XP: Ch B, Ch C, Jr C	2:30pm	2:50pm	3:00pm
					X4	XP: Jr B, Jr D, Sr D	5:45pm	6:05pm	6:15pm
SATURDAY - Stars Gym					SATURDAY - Stripes Gym				
Session #	Levels 9,10,XSAP Ages	Open Stretch	March In	Warm Up	Session #	Diamond, Gold Ages	Open Stretch	March In	Warm Up
S4	L9: Jr B, Jr C, Sr B	10:00am	10:20am	10:30am	X5	XD: Jr B, Sr A, Sr B	8:00am	8:20am	8:30am
S5	L9: Jr A, Sr A L10: Jr B, Sr A	1:45pm	2:05pm	2:15pm	X6	XD: Jr A, Jr C, Sr C	11:30am	11:50am	12:00pm
S6	L10: Jr A, Jr C, Sr B, Sr C XSAP: Sr A	5:30pm	5:50pm	6:00pm	X7	XG: Ch C, Jr H, Sr C, Sr F	3:00pm	3:20pm	3:30pm
Senior Awards for Dev. & Xcel will take place after Session 6					X8	XG: Ch A, Jr B, Jr E, Jr G	6:30pm	6:50pm	7:00pm
SUNDAY - Stars Gym					SUNDAY - Stripes Gym				
Session #	Level 6,8 Ages	Open Stretch	March In	Warm Up	Session #	Gold Ages	Open Stretch	March In	Warm Up
S7	L8: Jr A, Jr B, Sr B	8:00am	8:20am	8:30am	X9	XG: Ch D, Ch H, Sr A, Sr H	8:00am	8:20am	8:30am
S8	L8: Jr C, Sr A, Sr C	11:30am	11:50am	12:00pm	X10	XG: Ch F, Jr A, Sr D, Sr G	11:45am	12:05pm	12:15pm
S9	L6: Jr B, Sr A, Sr C, Sr D	3:00pm	3:20pm	3:30pm	X11	XG: Ch B, Ch E, Jr C, Jr D	3:15pm	3:35pm	3:45pm
S10	L6: Jr A, Jr C, Jr D, Sr B	6:30pm	6:50pm	7:00pm	X12	XG: Ch G, Jr F, Sr B, Sr E	6:45pm	7:05pm	7:15pm

Doors open at 7:40am each day.