

2023 ALL STAR INVITATIONAL– FINAL SCHEDULE

Saturday, March 9, 2024

****All sessions are Modified**

Traditional

Session 1: Level 2 & 3

General Stretch	8:00am
Intro of Teams	8:15am
Warm Up	8:25am
Awards	9:15am

Session 2: Xcel L4, L5, L6

General Stretch	10:00am
Intro of Teams	10:20am
Warm Up	10:30am
Awards	12:15pm

Session 3: Xcel Gold

General Stretch	1:00pm
Intro of Teams	1:15pm
Warm Up	1:25pm
Awards	3:45pm

Session 4: Xcel Platinum, Xcel Diamond, Xcel Sapphire, L8

General Stretch	4:30pm
Intro of Teams	4:50pm
Warm Up	5:00pm
Awards	7:30pm

Sunday, March 10, 2024

****All Sessions are Modified**

Traditional

Session 5: Xcel Bronze

General Stretch	9:00am
Intro of Teams	9:15am
Warm Up	9:25am
Awards	11:00am

Session 6: Xcel Silver JR A, JR B

General Stretch	11:45am
Intro of Teams	12:00pm
Warm Up	12:10pm
Awards	1:15pm

Session 7: Xcel Silver Sr A, Sr B

General Stretch	2:00pm
Intro of Teams	2:15pm
Warm Up	2:25pm
Awards	3:30pm

Xcel Silver Age Groups:

JrA 10/17/2013 - 12/31/2024

JrB 12/13/2012 - 10/16/2013

SrA 04/05/2012 - 12/12/2012

SrB 01/01/2005 - 04/04/2012