





Friday – February 28, 2025

PURPLE GYM

Session 1 Podium Level 9 On the Podium

Open Stretch- 8:00 AM March In – 8:25 AM Competition – 8:55 AM Awards – 11:45 AM

Session 2 Podium Level 10 & Xcel Sapphire On the Podium

Open Stretch- 12:00 PM March In – 12:25 PM Competition –12:50 PM Awards – 3:20 PM

Saturday - March 1, 2025

PURPLE GYM

Session 1P Level 6

Open Stretch – 9:30 AM March In – 9:55AM Competition – 10:15 AM Awards – 12:55PM

Session 2P Level 7

Open Stretch – 1:05 Pm March In – 1:30 PM Competition – 1:50 PM Awards – 4:50 PM

Session 3P Level 8 & Xcel Diamond

Open Stretch – 5:00 PM March In – 5:25 PM Competition – 5:50 PM Awards – 8:25 PM

GOLD GYM

Session 1G Level Xcel Bronze

Open Stretch- 9:00 AM March In – 9:20AM Competition – 9:30 AM Awards – 10:45 AM

Session 2G Level 5

Xcel Platinum – Small: CGC, Galaxy, MGA, MGC, MS Rebounders, SoLA, NSHR, WGA

Open Stretch – 10:55 AM March In – 11:20 AM Competition – 11:40 AM Awards – 2:05 PM

Session 3G Level Xcel Platinum – Large Teams: GQ, LA Gold, Premier, RCG Texas, Rebounders

Open Stretch – 2:15 PM March In – 2:40 PM Competition – 3:00 PM Awards – 5:30 PM

Session 4G Level 4

Open Stretch – 5:40 PM March In – 6:05 PM Competition – 6:20 PM Awards – 9:00 PM







Sunday – March 2, 2024

PURPLE GYM

Session 4P Level 3

Open Stretch- 9:00 AM March In – 9:20AM Competition – 9:35 AM Awards – 12:00 PM

Session 5P Level 2

Open Stretch – 12:10 PM March In – 12:30 PM Competition – 12:40 PM Awards – 1:55 PM

Session 6P Xcel Silver

Open Stretch – 2:05 PM March In – 2:25 PM Competition – 2:40 PM Awards – 5:05 PM

GOLD GYM

Session 7G Xcel Gold: CGC, CXG JAG, MS Rebounders, Premier, RCG Texas, SoLa

Open Stretch – 9:30 AM March In – 9:55AM Competition – 10:00 AM Awards – 12:35 PM

Session 5G Xcel Gold: Burlington, Catalyst, GQ, LA Gold, MGA, MGC, NSHR, TGTC, WGA

Open Stretch – 12:45 PM March In – 1:10 PM Competition – 1:25 PM Awards – 3:50PM

Session 6G Level 1

Open Stretch – 4:00 PM March In – 4:20 PM Competition – 4:30 PM Awards – 5:30 PM

