

Level 5/6/7 & Xcel Gold



State Meet 2025

2025 Schedule of Events

FRIDAY

GYM A
(MODIFIED CAPITAL CUP)

Session #1

Level 5

Jr. A, Jr. B, Jr. C, Sr. A, Sr. B

CHECK IN/ GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS	5:43 PM
AWARDS	9:05 PM

GYM B
(MODIFIED CAPITAL CUP)

Session #2

Level XG

Ch. G, Jr. F, Jr. G, Sr. D, Sr. E

CHECK IN/ GENERAL STRETCH	5:30 PM
INTRODUCTIONS	5:50 PM
TIMED WARM UP	6:00 PM
COMPETITION BEGINS	6:12 PM
AWARDS	9:30 PM