

**Level 5/6/7 & Xcel Gold**



**State Meet 2025**

# 2025 Schedule of Events

## SATURDAY

**GYM A  
(MODIFIED CAPITAL CUP)**

Session #3	Level 6
	Ch. C, Sr. A, Sr. B
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:44 AM
AWARDS	11:50 AM

Session #5	Level 6
	Ch. A, Jr. A, Sr. C
CHECK IN/ GENERAL STRETCH	12:15 PM
INTRODUCTIONS	12:35 PM
TIMED WARM UP	12:45 PM
COMPETITION BEGINS	12:59 PM
AWARDS	4:05 PM

Session #7	Level 6
	Ch B, Jr. B, Jr. C
CHECK IN/ GENERAL STRETCH	4:30 PM
INTRODUCTIONS	4:50 PM
TIMED WARM UP	5:00 PM
COMPETITION BEGINS	5:14 PM
AWARDS	8:20 PM

**GYM B  
(MODIFIED CAPITAL CUP)**

Session #4	Level XG
	Ch. B, Ch. E, Ch. I, Jr. K, Sr. H
CHECK IN/ GENERAL STRETCH	8:30 AM
INTRODUCTIONS	8:50 AM
TIMED WARM UP	9:00 AM
COMPETITION BEGINS	9:12 AM
AWARDS	12:25 PM

Session #6	Level XG
	Jr. A, Jr. C, Jr. I, Sr. I, Sr. J
CHECK IN/ GENERAL STRETCH	12:45 PM
INTRODUCTIONS	1:05 PM
TIMED WARM UP	1:15 PM
COMPETITION BEGINS	1:27 PM
AWARDS	4:40 PM

Session #8	Level XG
	Ch. A, Ch. D, Jr. J, Sr. A, Sr. B
CHECK IN/ GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS	5:42 PM
AWARDS	8:55 PM