

Level 5/6/7 & Xcel Gold



State Meet 2025

## 2025 Schedule of Events

### SUNDAY

**GYM A**  
**(MODIFIED CAPITAL CUP)**

**GYM B**  
**(MODIFIED CAPITAL CUP)**

Session #9	Level 7
	Jr. C, Sr. A, Sr. C
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:42 AM
AWARDS	11:25 AM

Session #10	Level XG
	Ch. J, Ch. L, Jr. B, Jr. D, Jr. L
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 #11	Level 7
	Jr. A, Jr. B, Sr. B
CHECK IN/ GENERAL STRETCH	11:45 AM
INTRODUCTIONS	12:05 PM
TIMED WARM UP	12:15 PM
COMPETITION BEGINS	12:27 PM
AWARDS	3:10 PM

Session #12	Level XG
	Ch. K, Jr. H, Sr. C, Sr. F, Sr. K
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 #13	Level 7
	Ch. A, Ch. B, Ch. C
CHECK IN/ GENERAL STRETCH	3:30 PM
INTRODUCTIONS	3:50 PM
TIMED WARM UP	4:00 PM
COMPETITION BEGINS	4:12 PM
AWARDS	6:55 PM

Session #14	Level XG
	Ch. C, Ch. F, Ch. H, Jr. E, Sr. G
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