

EXAMPLE OF 2025 MEET SCHEDULE

The 2026 session schedule will be available once sessions are finalized.



Friday Jan 31

Session 1 – Level 3 and Xcel Bronze (92 Gymnasts)

Open Stretch at 5:20pm
Flight One Warm Up at 5:35pm
Meet Begins at 5:45pm
Meet Ends at 8:05pm

Saturday February 1

Session 2 – Level 4's from Arising, GCGT, Twisters, SGC and ALL Level 5 (75 Gymnasts)

Open Stretch at 8am
Flight One Warm Up at 8:20am
Meet Begins at 8:35am
Meet Ends at 11:10am

Session 3 – ALL Xcel Diamond, Sapphire, Levels 8, 9 & 10 (55 Gymnasts)

Open Stretch at 11:20am
Flight One Warm Up at 11:40am
Meet Begins at 11:55pm
Meet Ends at 2:15pm

Session 4 – ALL Level 7 & Xcel Platinum (74 Gymnasts)

Open Stretch at 2:25pm
Flight One Warm Up at 2:45pm
Meet Begin at 3pm
Meet Ends at 5:50pm

Session 5 – ALL Level 6 (68 Gymnasts)

Open Stretch at 6pm
Flight One Warm Up at 6:20pm
Meet Begins at 6:35pm
Meet Ends at 9:10pm

Sunday February 2

Session 6 – Level 4 from Barron, GEG, GQ, Phenom, Spirits, TC (91 Gymnasts)

Open Stretch at 8am
Flight One Warm Up at 8:20am
Meet Begins at 8:35am
Meet Ends at 11:40am

Session 7 – ALL Xcel Gold (96 Gymnasts)

Open Stretch at 11:50am
Flight One Warm Up at 12:10pm
Meet Begins at 12:25pm
Meet Ends at 3:40pm

Session 8 – ALL Xcel Silver (68 Gymnasts)

Check In at 3:50pm
Flight One Warm Up at 4:05pm
Meet Begins at 4:15pm
Meet Ends at 5:55pm