

# Xcel Regionals

Myrtle Beach Sports Center, 2115 Farlow Street, Myrtle Beach, SC 29577 May 11-14, 2017

## Coastal Gym

### Thursday

**Session 1A Bronze 81 athletes**

**12/20/2009 and younger**

Stretch 2:00-2:20 PM  
March In 2:20-2:30 PM  
Warm Up/Compete 2:30-4:35 PM

**Session 2 A Bronze 81 athletes**

**3/16/2009-12/19/2009**

Stretch 4:35 - 4:55 PM  
March In 4:55-5:05 PM  
Warm Up/Compete 5:05 - 7:10 PM

**Session 3 A Bronze 81 athletes**

**8/12/2008-3/15/2009**

Stretch 7:10 - 7:30 PM  
March In 7:30 - 7:40 PM  
Warm Up/Compete 7:40 - 9:35 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

### Friday

**Session 4 A Bronze 88 athletes**

**12/31/2007-8/11/2008**

Stretch 8:00-8:20 AM  
March In 8:20-8:30 AM  
Warm Up/Compete 8:30-10:45 AM

**Session 5 A Bronze 88 athletes**

**5/18/2007-12/30/2007**

Stretch 10:45 - 11:05 AM  
March In 11:05 - 11:15 AM  
Warm Up/Compete 11:15 - 1:30 PM

**Session 6 A Bronze 88 athletes**

**9/7/2006-5/17/2007**

Stretch 1:30 - 1:50 PM  
March In 1:50 - 2:00 PM  
Warm Up/Compete 2:00 - 4:15 PM

**Session 7 A Bronze 88 athletes**

**10/14/2005-9/6/2006**

Stretch 4:15 - 4:35 PM  
March In 4:35 - 4:45 PM  
Warm Up/Compete 4:45 - 6:50 PM

**Session 8 A Bronze 88 athletes**

**10/13/2005 and older**

Stretch 6:50 - 7:10 PM  
March In 7:10 - 7:20 PM  
Warm Up/Compete 7:20 - 9:30 PM

## Saturday

**Session 9 A Silver 96 athletes**  
**6/4/2008 and younger**  
Stretch 8:00-8:20 AM  
March In 8:20-8:30 AM  
Warm Up/Compete 8:31-11:20 AM

**Session 10 A Silver 96 athletes**  
**7/26/2007-6/3/2008**  
Stretch 11:20 - 11:40 AM  
March In 11:40 - 11:50 AM  
Warm Up/Compete 11:50 - 2:40 PM

**Session 11 A Silver 96 athletes**  
**11/15/2006-7/25/2007**  
Stretch 2:40 - 3:00 PM  
March In 3:00 - 3:10 PM  
Warm Up/Compete 3:10 - 6:00 PM

**Session 12 A Bronze Team 48 athletes**  
**All Ages**  
Stretch 6:00 - 6:20 PM  
March In 6:20 - 6:30 PM  
Warm Up/Compete 6:30 - 7:50 PM

**Session 13 A Silver Team 48 athletes**  
**All Ages**  
Stretch 7:50 - 8:10 PM  
March In 8:10 - 8:20 PM  
Warm Up/Compete 8:20 - 9:45 PM

## Sunday

**Session 14 A Silver 96 athletes**  
**4/14/2006-11/14/2006**  
Stretch 8:00-8:20 AM  
March In 8:20-8:30 AM  
Warm Up/Compete 8:31-11:20 AM

**Session 15 A Silver 96 athletes**  
**8/20/2005-4/13/2006**  
Stretch 11:20 - 11:40 AM  
March In 11:40 - 11:50 AM  
Warm Up/Compete 11:50 - 2:40 PM

**Session 16 A Silver 96 athletes**  
**9/22/2004-8/19/2005**  
Stretch 2:40 - 3:00 PM  
March In 3:00 - 3:10 PM  
Warm Up/Compete 3:10 - 6:00 PM

**Session 17 A Silver 96 athletes**  
**9/21/2004 and older**  
Stretch 6:00 - 6:20 PM  
March In 6:20 - 6:30 PM  
Warm Up/Compete 6:30 - 9:15 PM

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Coastal Gym

# Xcel Regionals

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## Crown Gym

### Thursday

**Session 1 B Gold 79 athletes**

**7/13/2007 and younger**

Stretch 2:30-2:50 PM  
March In 2:50-3:00 PM  
Warm Up/Compete 3:00-6:05 PM

**Session 2 B Gold 79 athletes**

**8/31/2006-7/12/2007**

Stretch 6:05 - 6:25 PM  
March In 6:25-6:35 PM  
Warm Up/Compete 6:35 - 9:35 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

### Friday

**Session 3 B Gold 72 athletes**

**1/31/2006-8/30/2006**

Stretch 8:00-8:20 AM  
March In 8:20-8:30 AM  
Warm Up/Compete 8:30-11:20 AM

**Session 4 B Gold 72 athletes**

**7/1/2005-1/30/2006**

Stretch 11:20- 11:40 AM  
March In 11:40 - 11:50 AM  
Warm Up/Compete 11:50 - 2:40 PM

**Session 5 B Gold 72 athletes**

**1/7/2005-6/30/2005**

Stretch 2:40 - 3:00 PM  
March In 3:00 - 3:100 PM  
Warm Up/Compete 3:10 - 6:00 PM

**Session 6 B Gold 73 athletes**

**5/5/2004-1/6/2005**

Stretch 6:00 - 6:205PM  
March In 6:25 - 6:35 PM  
Warm Up/Compete 6:35 - 9:45 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.

## Saturday

**Session 7 B Gold**                      **72 athletes**  
**6/18/2003-5/4/2004**  
Stretch                                      8:00-8:20 AM  
March In                                     8:20-8:30 AM  
Warm Up/Compete                        8:30-11:20 AM

**Session 8 B Gold**                      **71 athletes**  
**6/17/2003 and older**  
Stretch                                      11:25 - 11:45 AM  
March In                                     11:45 - 11:55 PM  
Warm Up/Compete                        11:00 - 2:35 PM

**Session 9 B Gold Team**              **48 athletes**  
**All Ages**  
Stretch                                      2:40 - 3:00 PM  
March In                                     3:00 - 3:10 PM  
Warm Up/Compete                        3:10 - 5:10 PM

**Session 10 B P & D Team**          **64 athletes**  
**All Ages**  
Stretch                                      5:10 - 5:30 PM  
March In                                     5:30 - 5:40 PM  
Warm Up/Compete                        5:40 - 9:40PM

Crown Gym

## Sunday

**Session 11 B Platinum**              **70 athletes**  
**12/15/2004 and younger**  
Stretch                                      8:00-8:20 AM  
March In                                     8:20-8:30 AM  
Warm Up/Compete                        8:30-11:35 AM

**Session 12 B Platinum**              **70 athletes**  
**10/7/2002-12/14/2004**  
Stretch                                      11:45 - 12:05 PM  
March In                                     12:05 - 12:15 PM  
Warm Up/Compete                        12:15 - 3:25 PM

**Session 13 B Plat & D**                **67 athletes**  
**Platinum 10/6/2002 and older**      37  
**Diamond All Ages**                      30  
Stretch                                      3:30 - 3:50 PM  
March In                                     3:50 - 4:00 PM  
Warm Up/Compete                        4:00 - 7:10 PM

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.