

2019 Xcel State Championships Bronze

Competition Schedule

The Lakeland Center
701 W. Lime St
Lakeland, FL 33815

Saturday April 13, 2019

Gym B

Session B1 - Capital Cup (62)

Xcel Bronze

Born between 1/1/1998 – 11/30/2007

10:00-10:20 General Stretch

10:20-10:30 March In/Timed Warm Ups

10:30-12:30 Competition

Individual Awards to follow.

Session B2 - Capital Cup (62)

Xcel Bronze

Born between 12/01/2007 – 12/5/2008

12:30 - 12:50 General Stretch

12:50- 1:00 March In/Timed Warm Ups

1:00 – 3:00 Competition

Individual Awards to follow.

Session B3 - Capital Cup (62)

Xcel Bronze

Born between 12/6/2008 – 9/2/2009

3:00-3:20 General Stretch

3:20-3:30 March In/Timed Warm Ups

3:30-5:30 Competition

Individual Awards to follow.

Session B4 - Capital Cup (62)

Xcel Bronze

Born between 9/3/2009 – 3/25/2010

5:30-5:50 General Stretch

5:50- 6:00 March In/Timed Warm Ups

6:00 – 8:00 Competition

Individual Awards to follow

Door Fees – Cash Only

Adults \$15.00

Children 5-12 \$10.00

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Sunday April 14, 2019

Gym B

Session B5 - Capital Cup (63)

Xcel Bronze

Born between 3/26/2010 – 11/2/2010

9:00 -9:20 General Stretch

9:20-9:30 March In/Timed Warm Ups

9:30-11:30 Competition

Individual Awards to follow.

Session B6 - Capital Cup (62)

Xcel Bronze

Born between 11/3/2010 – 8/27/2011

11:30-11:50 General Stretch

11:50- 12:00 March In/Timed Warm Ups

12:00 – 2:00 Competition

Individual Awards to follow

Session B7 - Capital Cup (62)

Xcel Bronze

Born between 8/28/2011 – 1/1/2019

2:00-2:20 General Stretch

2:20- 2:30 March In/Timed Warm Ups

2:30 – 4:30 Competition

Individual and Team to follow

Door Fees – Cash Only

Adults \$15.00

Children 5-12 \$10.00

Parking \$10

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Competition Schedule

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Saturday April 13, 2019

Gym S

Session S1 - Capital Cup (75)

Xcel Silver

Age Group 15 Born between 12/28/2008 – 2/08/2009
Age Group 7 Born between 1/15/2010 – 5/1/2010
Age Group 22 Born between 5/3/2008 – 6/10/2008
Age Group 26 Born between 10/10/2007 – 12/16/2007
Age Group 5 Born between 7/6/2010 – 10/13/2010
8:00-8:20 General Stretch
8:20-8:30 March In/Timed Warm Ups
8:30-10:45 Competition - Individual Awards to follow.

Session S2 - Capital Cup (75)

Xcel Silver

Age Group 35 Born between 5/11/2006 – 7/16/2006
Age Group 6 Born between 5/2/2010 – 7/5/2010
Age Group 8 Born between 11/22/2009 – 1/14/2010
Age Group 34 Born between 7/17/2006 – 8/23/2006
Age Group 20 Born between 7/10/2008 – 8/14/2008
10:45-11:05 General Stretch
11:05- 11:15 March In/Timed Warm Ups
11:15 – 1:30 Competition - Individual Awards to follow

Session S3 - Capital Cup (77)

Xcel Silver

Age Group 27 Born between 8/16/2007 – 10/9/2007
Age Group 11 Born between 7/18/2009 – 8/25/2009
Age Group 39 Born between 9/9/2004 – 3/2/2005
Age Group 13 Born between 3/19/2009 – 5/10/2009
Age Group 40 Born between 1/1/1998 – 9/8/2004
1:30-1:50 General Stretch
1:50- 2:00 March In/Timed Warm Ups
2:00 – 4:15 Competition - Individual Awards to follow

Session S4 - Capital Cup (75)

Xcel Silver

Age Group 12 Born between 5/11/2009 – 7/17/2009
Age Group 23 Born between 4/4/2008 – 5/2/2008
Age Group 10 Born between 8/26/2009 – 10/5/2009
Age Group 3 Born between 2/18/2011 – 6/25/2011
Age Group 37 Born between 10/22/2005 – 3/3/2006
4:15 - 4:35 General Stretch
4:35- 4:45 March In/Timed Warm Ups
4:45 – 7:00 Competition - Individual Awards to follow.

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Gym S

Session S5 - Capital Cup (73)

Xcel Silver

Age Group 18 Born between 9/17/2008 – 10/11/2008

Age Group 19 Born between 8/15/2008 – 9/16/2008

Age Group 28 Born between 6/18/2007 – 8/15/2007

Age Group 24 Born between 2/5/2008 – 4/3/2008

Age Group 21 Born between 6/11/2008 – 7/9/2008

8:00-8:20 General Stretch

8:20-8:30 March In/Timed Warm Ups

8:30-10:45 Competition - Individual Awards to follow.

Session S6 - Capital Cup (75)

Xcel Silver

Age Group 38 Born between 3/3/2005 – 10/21/2005

Age Group 1 Born between 12/19/2011 – 1/1/2019

Age Group 14 Born between 2/9/2009 – 3/18/2009

Age Group 29 Born between 4/3/2007 – 6/17/2007

Age Group 16 Born between 11/11/2008 – 12/27/2008

10:45-11:05 General Stretch

11:05- 11:15 March In/Timed Warm Ups

11:15 – 1:30 Competition - Individual Awards to follow

Session S7 - Capital Cup (75)

Xcel Silver

Age Group 31 Born between 12/29/2006 – 2/11/2007

Age Group 9 Born between 10/6/2009 – 11/21/2009

Age Group 2 Born between 6/26/2011 – 12/18/2011

Age Group 25 Born between 12/17/2007 – 2/4/2008

Age Group 4 Born between 10/14/2010 – 2/17/2011

1:30-1:50 General Stretch

1:50- 2:00 March In/Timed Warm Ups

2:00 – 4:15 Competition - Individual Awards to follow

Session S8 - Capital Cup (77)

Xcel Silver

Age Group 30 Born between 2/12/2007 – 4/2/2007

Age Group 17 Born between 10/12/2008 – 11/10/2008

Age Group 32 Born between 10/25/2006 – 12/28/2006

Age Group 36 Born between 3/4/2006 - 5/10/2006

Age Group 33 Born between 8/24/2006 – 10/24/2006

4:15-4:35 General Stretch

4:35- 4:45 March In/Timed Warm Ups

4:45 – 7:00 Competition - Individual Awards to follow.

2019 Xcel State Championships Gold

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Gym G

Session G1 - Capital Cup (69)

Xcel Gold

Age Group 5 Born between 6/12/2009 – 9/21/2009

Age Group 16 Born between 7/1/2007 – 9/8/2007

Age Group 30 Born between 8/12/2004 – 1/9/2005

Age Group 11 Born between 4/6/2008 – 6/17/2008

9:30-9:50 General Stretch

9:50-10:00 March In/Timed Warm Ups

10:00-12:15 Competition

Individual Awards to follow.

Session G2 - Capital Cup (68)

Xcel Gold

Age Group 29 Born between 1/10/2005 – 6/7/2005

Age Group 4 Born between 9/22/2009 – 1/11/2010

Age Group 3 Born between 1/12/2010 – 4/15/2010

Age Group 32 Born between 1/1/1998 – 2/4/2004

12:15-12:35 General Stretch

12:35 - 12:45 March In/Timed Warm Ups

12:45 – 3:00 Competition

Individual Awards to follow

Session G3- Capital Cup (67)

Xcel Gold

Age Group 15 Born between 9/9/2007 – 10/21/2007

Age Group 19 Born between 1/24/2007 – 3/14/2007

Age Group 13 Born between 12/8/2007 – 2/18/2008

Age Group 7 Born between 12/27/2008 – 3/19/2009

3:00-3:20 General Stretch

3:20- 3:30 March In/Timed Warm Ups

3:30 – 5:45 Competition

Individual Awards to follow

Session G4 - Capital Cup (69)

Xcel Gold

Age Group 1 Born between 9/15/2010 – 1/1/2019

Age Group 9 Born between 8/29/2008 – 11/10/2008

Age Group 26 Born between 10/5/2005 – 1/1/2006

Age Group 2 Born between 4/16/2010 – 9/14/2010

5:45 - 6:05 General Stretch

6:05 - 6:15 March In/Timed Warm Ups

6:15 – 8:30 Competition

Individual Awards to follow.

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Sunday April 14, 2019

Gym G

Session G5 - Capital Cup (68)

Xcel Gold

Age Group 17 Born between 5/29/2007 – 6/30/2007
Age Group 27 Born between 8/13/2005 – 10/4/2005
Age Group 22 Born between 7/24/2006 – 9/14/2006
Age Group 14 Born between 10/22/2007 – 12/7/2007

8:00-8:20 General Stretch
8:20-8:30 March In/Timed Warm Ups
8:30-10:45 Competition
Individual Awards to follow.

Session G6 - Capital Cup (67)

Xcel Gold

Age Group 12 Born between 2/19/2008 – 4/5/2008
Age Group 23 Born between 5/9/2006 – 7/23/2006
Age Group 21 Born between 9/15/2006 – 11/20/2006
Age Group 10 Born between 6/18/2008 – 8/28/2008

10:45-11:05 General Stretch
11:05 - 11:15 March In/Timed Warm Ups
11:15 – 1:30 Competition
Individual Awards to follow

Session G7 - Capital Cup (69)

Xcel Gold

Age Group 6 Born between 3/20/2009 – 6/11/2009
Age Group 28 Born between 6/8/2005 – 8/12/2005
Age Group 20 Born between 11/21/2006 – 1/23/2007
Age Group 8 Born between 11/11/2008 – 12/26/2008

1:30 - 1:50 General Stretch
1:50- 2:00 March In/Timed Warm Ups
2:00 – 4:15 Competition
Individual Awards to follow

Session G8 - Capital Cup (68)

Xcel Gold

Age Group 31 Born between 2/5/2004 – 8/11/2004
Age Group 24 Born between 3/1/2006 – 5/8/2006
Age Group 18 Born between 3/15/2007 – 5/28/2007
Age Group 25 Born between 1/2/2006 – 2/28/2006

4:15 - 4:35 General Stretch
4:35- 4:45 March In/Timed Warm Ups
4:45 – 7:00 Competition
Individual and Team Awards to follow