



## 2023 VA Women's Xcel State Championships Session Times

<b>Friday, May 19th</b>							
<b><u>Gym # 1</u></b>				<b><u>Gym # 2</u></b>			
<b>Session 1</b>	8:00 AM	Open Stretch		<b>Session 1</b>	8:00 AM	Open Stretch	
<b>Silver Level</b>	10:45 AM	Awards		<b>Gold Level</b>	11:15 AM	Awards	
<b>Ages: 9-Jr3 to 10-Jr2</b>				<b>Ages: 11-Jr2 to 11-Sr3</b>			
<b>Session 2</b>	11:00 AM	Open Stretch		<b>Session 2</b>	11:30 AM	Open Stretch	
<b>Silver Level</b>	1:45 PM	Awards		<b>Gold Level</b>	2:30 PM	Awards	
<b>Ages: 9-Jr2 and Younger</b>				<b>Ages: 11-Jr1 and Younger</b>			
<b>Session 3</b>	2:00 PM	Open Stretch		<b>Session 3</b>	2:45 PM	Open Stretch	
<b>Silver Level</b>	4:45 PM	Awards		<b>Gold Level</b>	5:30 PM	Awards	
<b>Ages: 10-Jr3 to 10-Sr3</b>				<b>Ages: 15-Jr and Older</b>			
<b>Session 4</b>	5:00 PM	Open Stretch		<b>Session 4</b>	5:45 PM	Open Stretch	
<b>Silver Level</b>	7:45 PM	Awards		<b>Platinum Level</b>	8:45 PM	Awards	
<b>Ages: 10-Sr4 to 11-Jr4</b>				<b>Ages: 14-Sr1 to 15-Jr2</b>			
<b>Saturday, May 20th</b>							
<b><u>Gym # 1</u></b>				<b><u>Gym # 2</u></b>			
<b>Session 5</b>	8:00 AM	Open Stretch		<b>Session 5</b>	8:30 AM	Open Stretch	
<b>Silver Level</b>	10:45 AM	Awards		<b>Platinum Level</b>	12:00 PM	Awards	
<b>Ages: 11-Jr5 to 11-Sr4</b>				<b>Ages: 13-Jr2 and Younger</b>			
<b>Session 6</b>	11:00 AM	Open Stretch		<b>Session 6</b>	12:15 PM	Open Stretch	
<b>Silver Level</b>	1:45 PM	Awards		<b>Platinum Level</b>	3:45 PM	Awards	
<b>Ages: 11-Sr5 to 12-Sr1</b>				<b>Ages: 13-Sr to 14-Jr3</b>			
<b>Session 7</b>	2:00 PM	Open Stretch		<b>Session 7</b>	4:00 PM	Open Stretch	
<b>Silver Level</b>	4:00 PM	Awards		<b>Platinum Level</b>	7:00 PM	Awards	
<b>Ages: 12-Sr2 to 13-Jr2</b>				<b>Ages: 15-Sr1 to 16-Sr</b>			
<b>Session 8</b>	4:15 PM	Open Stretch					
<b>Silver Level</b>	6:15 PM	Awards					
<b>Ages: 13-Sr1 and Older</b>							
<b>Session 9</b>	6:30 PM	Open Stretch					
<b>Gold Level</b>	9:15 PM	Awards					
<b>Ages: 13-Sr1 to 14-Jr1</b>							
<b>Sunday, May 21st</b>							
<b><u>Gym # 1</u></b>				<b><u>Gym # 2</u></b>			
<b>Session 10</b>	8:30 AM	Open Stretch		<b>Session 8</b>	8:30 AM	Open Stretch	
<b>Gold Level</b>	11:45 AM	Awards		<b>Platinum Level</b>	10:45 AM	Awards +	
<b>Ages: 12-Jr1 to 12-Sr2</b>				<b>Ages: 17 and Older</b>		XP Seniors	
<b>Session 11</b>	12:00 PM	Open Stretch		<b>Session 9</b>	11:00 AM	Open Stretch	
<b>Gold Level</b>	3:15 PM	Awards		<b>Diamond &amp; Sapphire Levels</b>	2:00 PM	Awards +	
<b>Ages: 12-Sr3 to 13-Jr4</b>				<b>Diamond Ages: 17 and Older</b>		XD, XSA Seniors	
				<b>Sapphires: All</b>			
<b>Session 12</b>	3:30 PM	Open Stretch		<b>Session 10</b>	2:15 PM	Open Stretch	
<b>Gold Level</b>	6:15 PM	Awards		<b>Diamond Level</b>	5:45 PM	Awards	
<b>Ages: 14-Jr2 to 14-Sr2</b>				<b>Ages: 16-Sr and Younger</b>			

*Live scoring will be available at [MeetscoresOnline.com](https://MeetscoresOnline.com) and [myUSAgym.com](https://myUSAgym.com)*

*Schedule subject to change due to late entries and scratches.  
Check for updates at [vausag.com](https://vausag.com)*