



2023 Schedule of Events

THURSDAY

PRACTICE TRAINING SESSION #1

GYM A		GYM B
Women's Levels 6 - 10, Elite		Women's Levels 1-5
Xcel Gold (Session 12)		Xcel Bronze, Xcel Silver
Xcel Platinum & Xcel Diamonds		Xcel Gold (Session 14)
		Boys (All Levels)
TRAINING SESSION 1	8:30 AM - 11:30 AM	Imperial Ballroom

PRACTICE TRAINING SESSION #2

GYM A		GYM B
Women's Level 6-10, Elite		Women's Level 1-5
Xcel Gold (Session 12)		Xcel Bronze, Xcel Silver
Xcel Platinum & Xcel Diamonds		Xcel Gold (Session 14)
		Boys (All Levels)
TRAINING SESSION 2	12:00 PM - 4:00 PM	Imperial Ballroom

OPENING CEREMONY

Athlete Staging - 6:00 PM (All Athletes)

Doors Open - 6:00 PM

OPENING CEREMONY - 7:00 PM

LOCATED IN THE IMPERIAL BALLROOM

