

2022 Xcel Regionals

Foley Event Center, 1001 E Pride Blvd, Foley, AL 36535

Gym A

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Gym B

Friday May 6, 2022	Saturday May 7, 2022	Friday May 6, 2022	Saturday May 7, 2022
<p>Session A01 Gold 80 athletes Ch A,B,C,D BORN ON OR AFTER 4/29/2012 (YOUNGEST) Stretch 8:00-8:20 AM March In 8:20-8:30 AM Warm Up/Compete 8:30-11:03 AM</p> <p>Session A02 Gold 80 athletes Ch E,F,G,H BORN 6/8/2011 TO 4/28/2012 Stretch 11:15 - 11:35 AM March In 11:35 - 11:45 AM Warm Up/Compete 11:45 - 2:19 PM</p> <p>Session A03 Gold 80 athletes Ch I,J,K Jr A BORN 11/30/2010 TO 6/7/2011 Stretch 2:31 - 2:51 PM March In 2:51 - 3:01 PM Warm Up/Compete 3:01 - 5:34 PM</p> <p>Session A04 64 athletes All Ages Gold State Team Stretch 5:47 - 6:07 PM March In 6:07 - 6:17 PM Warm Up/Compete 6:17 - 8:27 PM</p> <p style="text-align: right; color: red;">Coaches Meeting Video https://youtu.be/7r8PhwEpwCA</p>	<p>Session A05 Gold 84 athletes Sr G,H,I,J BORN ON OR BEFORE 7/15/2008 (OLDEST) Stretch 8:00-8:20 AM March In 8:20-8:30 AM Warm Up/Compete 8:30-11:17 AM</p> <p>Session A06 Platinum 82 athletes AGE GROUPS E F G H BORN 11/13/2008 TO 1/4/2010 Stretch 11:30 - 11:50 PM March In 11:50 - 12:00 PM Warm Up/Compete 12:00 - 3:01 PM</p> <p>Session A07 Platinum 82 athletes AGE GROUPS I J K L BORN 12/3/2007 TO 11/12/2008 Stretch 3:10 - 3:20 PM March In 3:20 - 3:30 PM Warm Up/Compete 3:30 - 6:40 PM</p> <p>Session A08 64 athletes All Ages Platinum Team Stretch 6:50 - 7:10 PM March In 7:10 - 7:20 PM Warm Up/Compete 7:20 - 9:34 PM</p>	<p>Session B01 Gold 80 athletes Jr B,C,D,E BORN 5/26/2010 TO 11/29/2010 Stretch 8:00-8:20 AM March In 8:20-8:30 AM Warm Up/Compete 8:30-11:03 AM</p> <p>Session B02 Gold 80 athletes Jr F,G,H,I BORN 10/30/2009 TO 5/25/2010 Stretch 11:15- 11:35 AM March In 11:35 - 11:45 AM Warm Up/Compete 11:45 - 2:19 PM</p> <p>Session B03 Gold 81 athletes Jr J K, Sr A, B BORN 4/28/2009 TO 10/29/2009 Stretch 2:31 - 2:51 PM March In 2:51 - 3:01 PM Warm Up/Compete 3:01 - 5:49 PM</p> <p>Session B04 Gold 85 athletes Sr C,D,E,F BORN 7/16/2008 TO 4/27/2009 Stretch 6:01 - 6:21 PM March In 6:21 - 6:31 PM Warm Up/Compete 6:31 - 9:19 PM</p> <p style="text-align: right; color: red;">Coaches Meeting Video https://youtu.be/7r8PhwEpwCA</p>	<p>Session B05 Platinum 82 athletes AGE GROUPS A B C D BORN ON OR AFTER 1/5/2010 (YOUNGEST) Stretch 8:00-8:20 AM March In 8:20-8:30 AM Warm Up/Compete 8:30-11:30 AM</p> <p>Session B06 Platinum 82 athletes AGE GROUPS M N O P BORN ON OR BEFORE 12/2/2007 (OLDEST) Stretch 11:40 - 12:00 PM March In 12:00 - 12:10 PM Warm Up/Compete 12:10 - 3:10 PM</p> <p>Session B07 Diamond 72 athletes BORN ON OR AFTER 1/17/2005 (YOUNGEST) Stretch 3:20 - 3:40 PM March In 3:40 - 3:50 PM Warm Up/Compete 3:50 - 6:42 PM</p> <p>Session B08 64 athletes All Ages Diamond Team Diamond All Stars BORN ON OR BEFORE 1/16/2005 Stretch 6:50 - 7:10 PM March In 7:10 - 7:20 PM Warm Up/Compete 7:20 - 9:54 PM</p>
<p>Sunday May 8, 2022 Gym A</p> <p>Session A09 Silver 76 athletes AGE GROUPS A B C D BORN ON OR AFTER 7/4/2013 (YOUNGEST) Stretch 8:00-8:20 AM March In 8:20-8:30 AM Warm Up/Compete 8:30-10:47 AM</p> <p>Session A10 Silver 80 athletes AGE GROUPS E F G H BORN 9/12/2012 TO 7/3/2013 Stretch 11:00 - 11:20 AM March In 11:20 - 11:30 AM Warm Up/Compete 11:30 - 1:48 PM</p> <p style="text-align: right; color: red;">Coaches Meeting Video https://youtu.be/7r8PhwEpwCA</p>	<p>Session A11 Silver 80 athletes AGE GROUPS I J K L BORN 11/28/2011 TO 9/11/2012 Stretch 2:00 - 2:20 PM March In 2:20 - 2:30 PM Warm Up/Compete 2:30 - 4:47 PM</p> <p>Session A12 Silver Tear 64 athletes All Ages Stretch 5:00 - 5:20 PM March In 5:20 - 5:30 PM Warm Up/Compete 5:30 - 7:12 PM</p>	<p>Sunday May 8, 2022 Gym B</p> <p>Session B09 Silver 80 athletes AGE GROUPS M N O P BORN 1/22/2011 TO 11/27/2011 Stretch 8:00 - 8:20 AM March In 8:20 - 8:30 AM Warm Up/Compete 8:30 - 10:47 AM</p> <p>Session B10 Silver 80 athletes AGE GROUPS Q R S T BORN 1/16/2010 TO 1/21/2011 Stretch 11:00 - 11:20 AM March In 11:20 - 11:30 AM Warm Up/Compete 11:30 - 1:47 PM</p> <p style="text-align: right; color: red;">Coaches Meeting Video https://youtu.be/7r8PhwEpwCA</p>	<p>Session B11 Silver 80 athletes AGE GROUPS U V W X BORN ON OR BEFORE 1/15/2010 (OLDEST) Stretch 2:00 - 2:20 PM March In 2:20 - 2:30 PM Warm Up/Compete 2:30 - 4:47 PM</p>