

Venue:
Discover Gymnastics
747 N. Shepherd Dr. Ste 400
Houston, TX 77007



Friday, February 6

Session 1: Level 2-5

General Stretch	4:00pm – 4:15pm
Presentation of Teams	4:15pm
Warm Up/Competition	4:25pm
Awards	6:00pm

Session 2: Xcel Gold

Gyms: AA Gymnastics, Discover, Rise, Sugar Land, TAAG, Texas Dynasty

General Stretch	6:30pm – 6:45pm
Presentation of Teams	6:45pm
Warm Up/Competition	6:55pm
Awards	9:30pm

Saturday, February 7

Session 3: Xcel Gold

Gyms: AcroSports, All American, Elevate Athletics, EnRich, Flips, K2 Academy, Montgomery, Stars

General Stretch	8:00am – 8:15am
Presentation of Teams	8:15am
Warm Up/Competition	8:25am
Awards	11:00am

Session 4: Level 6 & 7, Xcel Platinum SR B

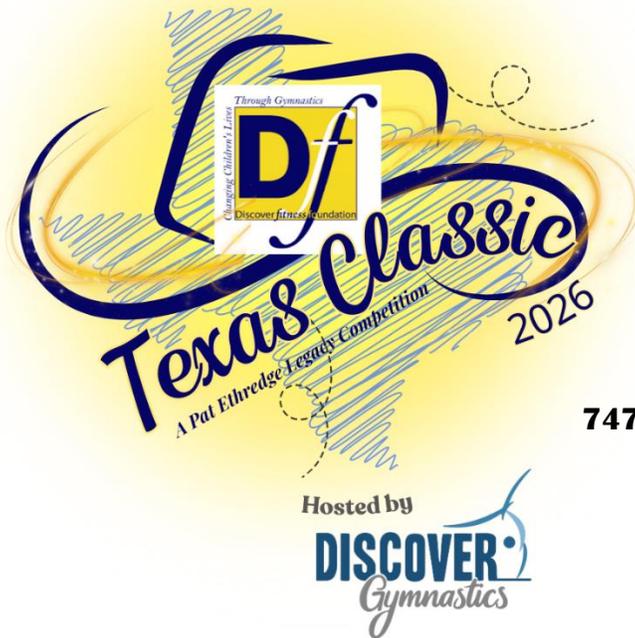
General Stretch	11:45am – 12:05pm
Presentation of Teams	12:05pm
Warm Up/Competition	12:15pm
Awards	2:15pm

Session 5: Xcel Platinum JR A, JR B, SR A

General Stretch	3:00pm – 3:20pm
Presentation of Teams	3:20pm
Warm Up/Competition	3:30pm
Awards	5:45pm

Session 6: Level 8-10, Diamond & Sapphire

General Stretch	6:30pm – 6:55pm
Presentation of Teams	6:55pm
Warm Up/Competition	7:05pm
Awards	9:00pm



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Sunday, February 8

Session 7: Xcel Bronze

*Gyms: AcroSports, Discover, Mimi's Tumble Bees,
 Sugar Land*

General Stretch	8:00am – 8:15am
Presentation of Teams	8:15am
Warm Up/Competition	8:25am
Awards	10:30am

Session 8: Xcel Bronze

*Gyms: AA Gymnastics, All American, Alpha Omega,
 Elevate Athletics, EnRich, Game, K2 Academy, Montgomery,
 Rise, Stars*

General Stretch	11:15am – 11:30am
Presentation of Teams	11:30am
Warm Up/Competition	11:40am
Awards	1:45pm

Session 9: Xcel Silver

*Gyms: All American, Discover, Elevate Athletics,
 Mimi's Tumble Bees, Montgomery, Sugar Land,
 Texas Dynasty*

General Stretch	2:30pm – 2:45pm
Presentation of Teams	2:45pm
Warm Up/Competition	2:55pm
Awards	4:45pm

Session 10: Xcel Silver

*Gyms: AA Gymnastics, AcroSports, Alpha Omega, EnRich,
 Flips, Game, K2, Rise, Stars*

General Stretch	5:30pm – 5:45pm
Presentation of Teams	5:45pm
Warm Up/Competition	5:55pm
Awards	7:45pm