



# 2024 Schedule of Events

## THURSDAY

### PRACTICE TRAINING SESSION #1

**GYM A**

Women's Levels 6 - 10, Elite  
  
Xcel Gold (Session 12)  
  
Xcel Platinum & Xcel Diamonds

**GYM B**

Women's Levels 1-5  
  
Xcel Bronze, Xcel Silver  
  
Xcel Gold (Session 14)  
  
Boys (All Levels)

**TRAINING SESSION 1**

**8:30 AM - 11:30 AM**

**Imperial Ballroom**

### PRACTICE TRAINING SESSION #2

**GYM A**

Women's Level 6-10, Elite  
  
Xcel Gold (Session 12)  
  
Xcel Platinum & Xcel Diamonds

**GYM B**

Women's Level 1-5  
  
Xcel Bronze, Xcel Silver  
  
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**

