



2023 SESSION TIMES

FRIDAY FEBRUARY 3, 2023

SESSION 1/WOMENS

LEVEL 6 & XCEL GOLD (NAPERVILLE, CITY, FHG, HUGS)

DOORS OPEN AT 7:30 AM

OPEN STRETCH – 8:00 AM

WARM UP/COMPETE - 8:20 AM

AWARDS – 11:45 AM

SESSION 2/WOMENS

LEVEL 7 & XCEL GOLD (CPD, SGA, Oak Lawn)

OPEN STRETCH – 12:45 PM

WARM UP/COMPETE - 1:05 PM

AWARDS – 4:15 PM

SESSION 3/WOMENS

LEVEL 8, 9, 10, XCEL PLATINUM AND XCEL DIAMOND

OPEN STRETCH – 5:30 PM

WARM UP/COMPETE - 5:50 PM

AWARDS – 9:00 PM

SATURDAY FEBRUARY 4, 2023

SESSION 4/WOMENS

LEVEL 5 & XCEL SILVER

DOORS OPEN AT 7:30 AM

OPEN STRETCH – 8:00 AM

WARM UP/COMPETE - 8:20 AM

AWARDS – 11:30 AM

SESSION5/WOMENS

LEVEL 2, 3 & XCEL BRONZE

OPEN STRETCH – 12:45 PM

WARM UP/COMPETE - 1:05 PM

AWARDS – 4:45 PM

SESSION 6/WOMENS

LEVEL 4

OPEN STRETCH – 5:45 PM

WARM UP/COMPETE - 6:05 PM

AWARDS – 9:30 PM

SUNDAY, FEBRUARY 5, 2023

SESSION 7/MENS

LEVEL 7/8/9/10

DOORS OPEN AT 7:30 AM

OPEN STRETCH – 8:00 AM

WARM UP/COMPETE - 8:20 AM

AWARDS – 11:30 AM

SESSION 8/MENS

LEVEL 3

OPEN STRETCH – 12:30 PM

WARM UP/COMPETE - 12:50 PM

AWARDS – 4:15 PM

SESSION 9/MENS

LEVEL 4/5/6

OPEN STRETCH – 5:00 PM

WARM UP/COMPETE - 5:20 PM

AWARDS – 8:45 PM