



2022 Midwest Regional Championship Schedule

Saturday, June 4th

Session 1: Xcel Bronze (Birthdates 12/12/2012 - 11/4/2016)

General Stretch: 8:00am

Presentation: 8:30am

Flight A warm up to immediately follow

Session 2: Xcel Bronze (Birthdates 10/11/2007 - 10/6/2012)

Level 2 & Level 3

General Stretch: 10:30am

Presentation: 11:00am

Flight A warm up to immediately follow

Session 3: Xcel Silver

General Stretch: 1:30pm

Presentation: 2:00pm

Flight A warmup to immediately follow

Session 4: Xcel Diamond, Level 4 - 8 and All Ladies Divisions

General Stretch: 5:30pm

Presentation: 6:00pm

Flight A warm up to immediately follow

Sunday, June 5th

Session 5: Xcel Gold

General Stretch: 8:00am

Presentation: 8:30am

Flight A warm up to immediately follow

Session 6: Xcel Platinum

General Stretch: 12:00pm

Presentation: 12:30pm

Flight A warm up to immediately follow

Awards will be held immediately following each session in a separate awards area.