

| Levels 1-4 | Session One | Times | Teams | Rotation |
|---|----------------------|--------------|---|-----------------|
| | Doors Open | 7:45 AM | AMKM Level 2, 3 & HUB City Level 3, 4 | Vault |
| | Open Stretch | 8:00 AM | AMKM Level 1, 4 | Bars |
| | March-In | 8:20 AM | HUB City Level 2 (6 athletes) | Beam |
| | Competition | 8:30 AM | HUB City Level 2 (6 athletes) | Floor |
| | Awards | 10:00 AM | | |
| XCEL Silver, Gold Platinum, Diamon Open Optional | Session Two | Times | Teams | Rotation |
| | Open Stretch | 11:00 AM | AMKM XG, XD, OO | Vault |
| | March-In | 11:20 AM | Premiere Complex XG, XP, XD & Phoenix XS (6 athletes) | Bars |
| | Competition | 11:30 AM | HUB City XG | Beam |
| | Awards | 1:10 PM | Phoenix XS (3 athletes) XG | Floor |
| Levels 5-8 | Session Three | Times | Teams | Rotation |
| | Open Stretch | 2:30 PM | Phoenix Level 8 | Vault |
| | March-In | 2:50 PM | Phoenix Level 6 | Bars |
| | Competition | 3:00 PM | AMKM Levels 6, 7 & HUB City Levels 7, 8 | Beam |
| | Awards | 5:00 PM | HUB City Level 5 | Floor |