



Sessions & Times

MARCH 16 – 17, 2024

PLEASE PROVIDE THE NUMBER OF COACHES AS INDICATED IN PARENTHESES FOR EACH SESSION

SATURDAY, MARCH 16, 2024

SESSION 1
XCEL BRONZE

OPEN STRETCH 8:00 AM
AWARDS/TEAM AWARDS 10:30 AM

HEAD OVER HEELS (1), LOCO (2), NORTH MOUNTAIN (1), PURE (1), ROANOKE (2)

SATURDAY, MARCH 16, 2024

SESSION 2
XCEL SILVER JR

OPEN STRETCH 11:00 AM
AWARDS 1:30 PM

CHANTILLY (1), HEAD OVER HEELS (1), NORTH MOUNTAIN (1), PURE (1), ROANOKE (1), STG (1),
TWA (1), VA TECHNIQUES (1)

SATURDAY, MARCH 16, 2024

SESSION 3
XCEL SILVER SR

OPEN STRETCH 2:00 PM
AWARDS/TEAM AWARDS 4:30 PM

HEAD OVER HEELS (1), NORTH MOUNTAIN (1), PURE (1), ROANOKE (2), TWA (1), VA TECHNIQUES (1)

SATURDAY, MARCH 16, 2024

SESSION 4
LEVEL 3

OPEN STRETCH 5:00 PM
AWARDS/TEAM AWARDS 8:00 PM

APOLLO (1), CARDINAL (1), PURE (1), ROANOKE (2), STG (1), VA TECHNIQUES (2)

SUNDAY, MARCH 17, 2024

SESSION 5
XCEL GOLD

OPEN STRETCH 8:00 AM
AWARDS/TEAM AWARDS 11:00 AM

CHANTILLY (1), HEAD OVER HEELS (1), NORTH MOUNTAIN (1), PURE (1), ROANOKE (2), STG (1),
VA TECHNIQUES (1)

SUNDAY, MARCH 17, 2024

SESSION 6
LEVELS 4,5,6

OPEN STRETCH 11:30 AM
AWARDS/TEAM AWARDS 3:00 PM

CARDINAL (3), ROANOKE (1), STG (2), VA TECHNIQUES (2), WILLIAMSBURG (2)

SUNDAY, MARCH 17, 2024

SESSION 7
LEVELS 7,8,9 & XCEL PLATINUM, DIAMOND

OPEN STRETCH 3:30 PM
AWARDS/TEAM AWARDS 7:00 PM

CARDINAL (1), CHANTILLY (1), HEAD OVER HEELS (1), NORTH MOUNTAIN (1), PURE (1), ROANOKE (1),
STG (2), TWA (1), VA TECHNIQUES (2), WILLIAMSBURG (1)

LIVE SCORING WILL BE AVAILABLE AT:

