



2026 Region 7 Xcel Championships Gold-Platinum-Diamond-Sapphire Session Times



Gold & Platinum Open stretch - 15 minutes

Diamond and Sapphire Open stretch - 20 minutes

Thursday, May 14th

<u>Gym A</u>			<u>Gym B</u>			<u>Gym C</u>		
Session 1 (A1)	8:30 AM	Open Stretch	Session 1 (B1)	9:00 AM	Open Stretch	(no scheduled sessions)		
Diamond	11:00 AM	Awards	Diamond & Sapphire	11:45 AM	Awards			
Ages: Sr 5, 6, 7			Ages: XD Sr 8, 9; XSA Sr D					
Session 2 (A2)	11:15 AM	Open Stretch	Session 2 (B2)	12:00 PM	Open Stretch			
Diamond	1:45 PM	Awards	Sapphire	3:00 PM	Awards	(no scheduled sessions)		
Ages: Sr 2, 3, 4			Ages: Sr A, B, C					
Session 3 (A3)	2:00 PM	Open Stretch	Session 3 (B3)	3:15 PM	Open Stretch			
Diamond	4:30 PM	Awards	Diamond	5:45 PM	Awards			
Ages: Jr 9, 10, Sr 1			Ages: Jr 6, 7, 8					
Session 4 (A4)	4:45 PM	Open Stretch	Session 4 (B4)	6:00 PM	Open Stretch	(no scheduled sessions)		
Gold	8:00 PM	Awards	Diamond	8:30 PM	Awards			
Ages: Sr 14, 15, 16, 17			Ages: Jr 3, 4, 5					

Friday, May 15th

<u>Gym A</u>			<u>Gym B</u>			<u>Gym C</u>		
Session 5 (A5)	8:00 AM	Open Stretch	Session 5 (B5)	8:00 AM	Open Stretch	(no scheduled sessions)		
Gold	11:15 AM	Awards	Platinum	11:15 AM	Awards			
Ages: Sr 10, 11, 12, 13			Ages: Sr 10, 11, 12					
Session 6 (A6)	11:30 AM	Open Stretch	Session 6 (B6)	11:30 AM	Open Stretch			
Gold	2:45 PM	Awards	Platinum	2:45 PM	Awards	(no scheduled sessions)		
Ages: Sr 6, 7, 8, 9			Ages: Sr 7, 8, 9					
Session 7 (A7)	3:00 PM	Open Stretch	Session 7 (B7)	3:00 PM	Open Stretch			
Gold	6:15 PM	Awards	Platinum	6:15 PM	Awards			
Ages: Sr 2, 3, 4, 5			Ages: Sr 4, 5, 6					
Session 8 (A8)	6:30 PM	Open Stretch	Session 8 (B8)	6:30 PM	Open Stretch	(no scheduled sessions)		
Gold	9:45 PM	Awards	Platinum	9:45 PM	Awards			
Ages: Jr 15, 16, 17, Sr 1			Ages: Sr 1, 2, 3					

Gyms A & B - Modified Capitol Cup Format

Gym C - Traditional Format

Live scoring will be available at MeetScoresOnline.com, ScoreCatOnline.com and the ScoreCat phone app



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Saturday, May 16th

<u>Gym A</u>			<u>Gym B</u>			<u>Gym C</u>		
Session 9 (A9)	8:00 AM	Open Stretch	Session 9 (B9)	8:00 AM	Open Stretch	Session 1 (C1)	9:00 AM	Open Stretch
Gold	11:15 AM	Awards	Platinum	11:15 AM	Awards	Diamond	1:00 PM	Awards
Ages: Jr 11, 12, 13, 14			Ages: Jr 10, 11, 12			Ages: Ch 10, Jr 1, 2		
Session 10 (A10)	11:30 AM	Open Stretch	Session 10 (B10)	11:30 AM	Open Stretch	Session 2 (C2)	1:15 PM	Open Stretch
Gold	2:45 PM	Awards	Platinum	2:45 PM	Awards	Diamond	5:15 PM	Awards
Ages: Jr 7, 8, 9, 10			Ages: Jr 7, 8, 9			Ages: Ch 7, 8, 9		
Session 11 (A11)	3:00 PM	Open Stretch	Session 11 (B11)	3:00 PM	Open Stretch			
Gold	6:15 PM	Awards	Platinum	6:15 PM	Awards			
Ages: Jr 3, 4, 5, 6			Ages: Jr 4, 5, 6					
Session 12 (A12)	6:30 PM	Open Stretch	Session 12 (B12)	6:30 PM	Open Stretch			
Gold	9:45 PM	Awards	Platinum	9:45 PM	Awards			
Ages: Ch 17, 18, Jr 1, 2			Ages: Jr 1, 2, 3					

Sunday, May 17th

<u>Gym A</u>			<u>Gym B</u>			<u>Gym C</u>		
Session 13 (A13)	8:00 AM	Open Stretch	Session 13 (B13)	8:00 AM	Open Stretch	Session 3 (C3)	9:00 AM	Open Stretch
Gold	11:15 AM	Awards	Platinum	11:15 AM	Awards	Diamond	1:00 PM	Awards
Ages: Ch 13, 14, 15, 16			Ages: Ch 10, 11, 12			Ages: Ch 4, 5, 6		
Session 14 (A14)	11:30 AM	Open Stretch	Session 14 (B14)	11:30 AM	Open Stretch	Session 4 (C4)	1:15 PM	Open Stretch
Gold	2:45 PM	Awards	Platinum	2:45 PM	Awards	Diamond	5:15 PM	Awards
Ages: Ch 9, 10, 11, 12			Ages: Ch 7, 8, 9			Ages: Ch 1, 2, 3		
Session 15 (A15)	3:00 PM	Open Stretch	Session 15 (B15)	3:00 PM	Open Stretch			
Gold	6:15 PM	Awards	Platinum	6:15 PM	Awards			
Ages: Ch 5, 6, 7, 8			Ages: Ch 4, 5, 6					
Session 16 (A16)	6:30 PM		Session 16 (B16)	6:30 PM	Open Stretch			
Gold	9:45 PM		Platinum	9:45 PM	Awards			
Ages: Ch 1, 2, 3, 4			Ages: Ch 1, 2, 3					

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Gym C - Traditional Format

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