



2019 Missouri State Championships
Level Xcel Platinum, Xcel Diamond, 6, 7, 8, 9 and 10

Meet Site: Lindenwood University – 209 S. Kingshighway, St. Charles, MO 63301
Evans Commons Building – site for Region IV Championships in 2016

~Age Groups are determined by the final meet of the season for each level~

Friday – March 15

Session 1- Doors open at 7:45 AM

Xcel Diamond – All Ages

Open Stretch – 8:00 – 8:20 AM

March In – 8:25 AM

Timed Warm Up – 8:30– 8:45 AM

Competition – 8:45 – 10:45 AM

Awards – 10:45 AM

Session 2

Xcel Platinum – 11 and Under AND 14 & Over

Open Stretch – 10:45 – 11:05 AM

March In – 11:10 AM

Timed Warm Up – 11:15 – 11:30 AM

Competition – 11:30 – 2:30 PM

Awards – 2:30 PM

Session 3

Xcel Platinum – 12 Year Olds AND 13 Year Olds

Open Stretch – 2:30 – 2:50 PM

March In – 2:55 PM

Timed Warm Up – 3:00 – 3:15 PM

Competition 3:15 – 6:20 PM

Awards – 6:20 PM

Session 4

Level 8 – 11 and Under, 12 Year Olds, 15 and Up

Open Stretch – 6:20 – 6:40 PM

March In – 6:45 PM

Timed Warm Up – 6:50 – 7:10 PM

Competition – 7:10 – 9:50 PM

Awards – 9:50 PM

Saturday – March 16

Session 5 - Doors open at 7:45 AM

Level 8 – 13 Year Olds AND 14 Year Olds

Open Stretch – 8:00 – 8:20 AM

March In – 8:25 AM

Timed Warm Up – 8:30 – 8:45 AM

Competition – 8:45 – 11:05 AM

Awards – 11:05 AM

Session 6

Level 9 – 16 and Under

Open Stretch – 11:05 – 11:25 AM

March In – 11:30 AM

Timed Warm Up – 11:35 – 11:55 AM

Competition – 11:55 – 2:35 PM

Awards – 2:35 PM

Session 7

Level 9 – 17 and Over

Level 10 – All Ages

Open Stretch – 2:35 – 2:55 PM

March In – 3:00 PM

Timed Warm Up – 3:05 – 3:25 PM

Competition 3:25 – 6:05 PM

Awards – 6:05 PM

Session 8

Level 7 – 12 And Under

Open Stretch – 6:05 – 6:25 PM

March In – 6:30 PM

Timed Warm Up – 6:35 – 6:50 PM

Competition – 6:50 – 10:00 PM

Awards – 10:00 PM

Sunday – March 17

Session 9 - Doors open at 7:45 AM

Level 7 – 13 and Over

Open Stretch – 8:00 – 8:20 AM

March In – 8:25 AM

Timed Warm Up – 8:30 – 8:45 AM

Competition – 8:45 – 11:15 AM

Awards – 11:15 AM

Session 10

Level 6 – 10 and Under

Open Stretch – 11:25– 11:45 PM

March In – 11:50 PM

Timed Warm Up – 11:55 – 12:10 PM

Competition – 12:20 – 2:20 PM

Awards – 2:20 PM

Session 11

Level 6 – 11 Year Olds AND 14 and Over

Open Stretch – 2:30 – 5:50 PM

March In – 2:55 PM

Timed Warm Up – 3:00 – 3:15 PM

Competition – 3:15 – 5:15 PM

Awards – 5:15 PM

Session 12

Level 6 – 12 Year Olds and 13 Year Olds

Open Stretch – 5:25– 5:45 PM

March In – 5:50 PM

Timed Warm Up – 5:55 – 6:10 PM

Competition – 6:10 – 8:00 PM

Awards – 8:00 PM