

## Session 1A - Xcel Platinum

General Stretch 8:00 a.m. - 8:20 a.m.

Flight A Warm Ups 8:20 a.m. - 8:35 a.m.

Competition 8:35 a.m. - 11:20 a.m.

### Flight A Vault

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Capitol City  
Gymnastics (8)

### Flight A Bars

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All Starz (8)

### Flight A Beam

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Capitol City  
Gymnastics (5)  
Olympic Academy (4)

### Flight A Floor

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G.R.I.T. (7)

### Flight B Vault

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Fliptastic! (9)

### Flight B Bars

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Pinnacle (7)

### Flight B Beam

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Fliptastic! (9)

### Flight B Floor

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Pinnacle (7)

## Session 1B - Xcel Bronze, Xcel Silver

General Stretch	8:00 a.m. - 8:20 a.m.
Flight A Warm Ups	8:20 a.m. - 8:35 a.m.
Competition	8:30 a.m. - 11:00 a.m.

<u>Flight A Vault</u>	<u>Flight A Bars</u>	<u>Flight A Beam</u>	<u>Flight A Floor</u>
Pinnacle XB (13)	Perfect Balance XB (6) Global XB (7)	Pinnacle XB (7) In10sity XB (5)	G.R.I.T. XB (8) Capitol City Athletics XB (4)
<u>Flight B Vault</u>	<u>Flight B Bars</u>	<u>Flight B Beam</u>	<u>Flight B Floor</u>
Gym Skills XS (9)	Olympic Academy XB (7) Olympic Academy XS (6)	Gym Skills XS (5) Lake Erie XS (4)	Crossroads Elite XS (8) Avante XS (2)

## Session 2A - Xcel Platinum

General Stretch 11:20 a.m. - 11:40 a.m.

Flight A Warm Ups 11:40 a.m. - 11:55 a.m.

Competition 11:55 a.m. - 2:25 p.m.

Flight A Vault

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Tumble U (5)

Capitol City Athletics  
(1)

Flight A Bars

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Buckeye (7)

Flight A Beam

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Jump Start (6)

Flight A Floor

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Buckeye (7)

Flight B Vault

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Universal (9)

Flight B Bars

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Crossroads (4)

Toledo (3)

Flight B Beam

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X-Treme (10)

Flight B Floor

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Global (7)

## Session 2B - Xcel Silver

General Stretch 11:00 a.m. - 11:20 a.m.

Flight A Warm Ups 11:20 a.m. - 11:30 a.m.

Competition 11:30 a.m. - 2:00 p.m.

### Flight A Vault

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Pinnacle (8)

Capitol City Athletics  
(2)

### Flight A Bars

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G.R.I.T. (11)

### Flight A Beam

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Pinnacle (7)

Capitol City  
Gymnastics (4)

### Flight A Floor

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All Starz (8)

Toledo (4)

### Flight B Vault

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Fliptastic! (11)

### Flight B Bars

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Global (8)

Perfect Balance (4)

### Flight B Beam

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Fliptastic! (7)

In10sity (5)

### Flight B Floor

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Global (7)

Jump Start (5)

## Session 3A - Xcel Diamond, Xcel Sapphire

General Stretch 2:40 p.m. - 3:00 p.m.

Flight A Warm Ups 3:00 p.m. - 3:15 p.m.

Competition 3:15 p.m. - 6:10 p.m.

### Flight A Vault

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Buckeye XD (6)

G.R.I.T. XD (3)

### Flight A Bars

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Global XD (5)

All Starz XD (3)

All Starz XSA (1)

### Flight A Beam

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Buckeye XD (4)

Kids First XD (4)

### Flight A Floor

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X-Treme XD (6)

X-Treme XSA (1)

### Flight B Vault

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Toledo XD (2)

Fliptastic! XD (4)

Fliptastic XSA (2)

### Flight B Bars

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Pinnacle XD (7)

### Flight B Beam

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Tumble U XD (4)

Fliptastic! XD (4)

### Flight B Floor

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Gym X-Treme XD  
(10)

## Session 3B - Level 2, Level 3

General Stretch 2:15 p.m. - 2:35 p.m.

Flight A Warm Ups 2:35 p.m. - 2:45 p.m.

Competition 2:45 p.m. - 5:15 p.m.

### Flight A Vault

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Universal L2 (11)

### Flight A Bars

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X-Treme L2 (12)

### Flight A Beam

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Universal L2 (12)

### Flight A Floor

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X-Treme L2 (6)

Capitol City  
Gymnastics L2 (7)

### Flight B Vault

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Zanesville L2 (13)

### Flight B Bars

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Sunrise L3 (11)

### Flight B Beam

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X-Treme L3 (11)

### Flight B Floor

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Zanesville L2 (5)

Tumble U L2 (8)

## Session 4A - Level 7, Level 8, Level 9, Level 10

General Stretch	6:10 p.m. - 6:30 p.m.
Flight A Warm Ups	6:30 p.m. - 6:40 p.m.
Competition	6:40 p.m. - 8:45 p.m.

<u>Flight A Vault</u>	<u>Flight A Bars</u>	<u>Flight A Beam</u>	<u>Flight A Floor</u>
Gym Skills L7 (1)	X-Treme L7 (4)	Olympic Academy L7 (1)	Jump Start L7 (4)
Universal L10 (2)		Olympic Academy L8 (2)	
		Olympic Academy L9 (1)	
<u>Flight B Vault</u>	<u>Flight B Bars</u>	<u>Flight B Beam</u>	<u>Flight B Floor</u>
X-Treme L9 (3)	Crossroads Elite L7 (3)	X-Treme L8 (5)	Sunrise L7 (2)
X-Treme L10 (4)	Crossroads Elite L8 (3)		Sunrise L8 (3)
			All Starz L10 (1)

## Session 4B - Level 3, Level 4, Level 5

General Stretch 5:15 p.m. - 5:35 p.m.

Flight A Warm Ups 5:35 p.m. - 5:50 p.m.

Competition 5:50 p.m. - 8:20 p.m.

### Flight A Vault

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Zanesville L3 (11)

### Flight A Bars

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Tumble U L3 (8)

Pinnacle L3 (4)

### Flight A Beam

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Zanesville L3 (12)

### Flight A Floor

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Pinnacle L3 (11)

### Flight B Vault

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Universal L3 (12)

### Flight B Bars

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X-Treme L4 (11)

### Flight B Beam

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Tumble U L4 (5)

Sunrise L5 (4)

### Flight B Floor

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Universal L3 (12)

## Session 5A - Level 6, Xcel Platinum

General Stretch 8:00 a.m. - 8:20 a.m.

Flight A Warm Ups 8:20 a.m. - 8:30 a.m.

Competition 8:30 a.m. - 11:30 a.m.

### Flight A Vault

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Lake Erie XG (7)

### Flight A Bars

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All Starz XG (10)

### Flight A Beam

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Lake Erie XG (6)

### Flight A Floor

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Perfect Balance XG  
(5)

Avante XG (6)

### Flight B Vault

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Tumble U L6 (10)

Crossroads Elite L6  
(2)

### Flight B Bars

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X-treme L6 (7)

Sunrise L6 (3)

### Flight B Beam

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Jump Start L6 (6)

Olympic Academy L6  
(5)

### Flight B Floor

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Gym Skills L6 (7)

In10sity L6 (3)

## Session 5B - GCGC Xcel Bronze, Xcel Silver

General Stretch 8:00 a.m. - 8:20 a.m.

Flight A Warm Ups 8:20 a.m. - 8:30 a.m.

Competition 8:30 a.m. - 11:00 a.m.

### Flight A Vault

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Universal XB (12)

### Flight A Bars

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Worthington Youth  
Boosters XB (11)

### Flight A Beam

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G.R.I.T. XB (9)

Integrity XB (1)

### Flight A Floor

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Vitality XB (8)

Worthington Youth  
Booster XB (4)

### Flight B Vault

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Fliptastic! XB (11)

### Flight B Bars

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All Starz XS (11)

### Flight B Beam

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Integrity Fayette XB  
(6)

Integrity XB (1)

Integrity XS (6)

### Flight B Floor

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Kids in the Kingdom  
XB (6)

Adonai XB (1)

Adonai XS (2)

## Session 6A - Xcel Gold

General Stretch	11:30 a.m. - 11:50 a.m.
Flight A Warm Ups	11:50 a.m. - 12:05 p.m.
Competition	12:05 p.m. - 2:45 p.m.

<u>Flight A Vault</u>	<u>Flight A Bars</u>	<u>Flight A Beam</u>	<u>Flight A Floor</u>
Buckeye XG (9)	Gym Skill XG (6) Capitol City Athletics XG (3)	Buckeye XG (4)  Tumble U XG (5)	Gym Skills XG (9)
<u>Flight B Vault</u>	<u>Flight B Bars</u>	<u>Flight B Beam</u>	<u>Flight B Floor</u>
Fliptastic! XG (10)	In10sity XG (11)	Fliptastic! XG (10)	G.R.I.T. XG (9)

## Session 6B - GCGC Xcel Silver

General Stretch	11:00 a.m. - 11:20 a.m.
Flight A Warm Ups	11:20 a.m. - 11:30 a.m.
Competition	11:30 a.m. - 2:00 p.m.

Flight A Vault	Flight A Bars	Flight A Beam	Flight A Floor
<hr/> Rock Solid XS (11)	<hr/> Worthington Youth Boosters XS (10)	<hr/> Integrity Fayette XS (7)  Rock Solid XS (5)	<hr/> Vitality XS (10)
Flight B Vault	Flight B Bars	Flight B Beam	Flight B Floor
<hr/> Fliptastic! XS (11)	<hr/> Universal XS (12)	<hr/> Fliptastic! XS (10)	<hr/> Universal XS (13)

## Session 7A - Xcel Gold

General Stretch	3:00 p.m. - 3:20 p.m.
Flight A Warm Ups	3:20 p.m. - 3:30 p.m.
Competition	3:30 p.m. - 6:15 p.m.

Flight A Vault	Flight A Bars	Flight A Beam	Flight A Floor
<hr/> Global XG (9)	<hr/> Crossroads Elite XG (9)	<hr/> Global XG (4) Olympic Academy XG (5)	<hr/> Crossroads Elite XG (3) Capitol City Gymnastics XG (6)
Flight B Vault	Flight B Bars	Flight B Beam	Flight B Floor
<hr/> Pinnacle XG (11)	<hr/> Jump Start XG (9)	<hr/> Pinnacle XG (3)  Toledo XG (8)	<hr/> Jump Start XG (8)

## Session 7B - GCGC Xcel Silver, Xcel Gold

General Stretch 2:15 p.m. - 2:35 p.m.

Flight A Warm Ups 2:35 p.m. - 2:50 p.m.

Competition 2:50 p.m. - 5:30 p.m.

Flight A Vault

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G.R.I.T. XS (11)

Flight A Bars

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Buckeye XS (11)

Flight A Beam

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G.R.I.T. XS (12)

Flight A Floor

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Buckeye XS (11)

Flight B Vault

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Worthington Youth  
Boosters XG (12)

Flight B Bars

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Buckeye XG (11)

Flight B Beam

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Vitality XG (11)

Adonai XG (1)

Flight B Floor

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Buckeye XG (11)

## Session 8B - GCGC Xcel Gold, Xcel Platinum, Xcel Diamond

General Stretch	5:30 p.m. - 5:50 p.m.
Flight A Warm Ups	5:50 p.m. - 6:05 p.m.
Competition	6:05 p.m. - 8:45 p.m.

<u>Flight A Vault</u>	<u>Flight A Bars</u>	<u>Flight A Beam</u>	<u>Flight A Floor</u>
Buckeye XG (11)	Universal XG (4) G.R.I.T. XP (6)	Buckeye XG (4) Buckeye XP (6)	Rock Solid XG (11)
<u>Flight B Vault</u>	<u>Flight B Bars</u>	<u>Flight B Beam</u>	<u>Flight B Floor</u>
All Starz XG (4) All Starz XP (2) All Starz XD (4)	G.R.I.T. XG (8)	Worthington Youth Boosters XP (5) Worthington Youth Boosters XD (3)	G.R.I.T. XG (7) Integrity XG (1)