

# IOWA XCEL STATE CHAMPIONSHIPS 2023

## Hosted by Siouxland Gymnastics Academy

Meet site: Arena Sports Academy, 4501 Southern Hills Dr, Sioux City, IA 511106

**FINAL SCHEDULE....PLEASE NOTE CHANGES....FINAL SCHEDULE....PLEASE NOTE CHANGES**

### SILVER, PLATINUM & DIAMOND GYM

#### Friday, March 31

Session	Open Stretch	Awards
#1 - DIAMOND - All age groups (62)	2:00pm	5:00pm
#2 - PLATINUM - Jr C-D, Sr A-D (78)	6:00pm	9:00pm

#### Saturday, April 1

Session	Open Stretch	Awards
#3 - PLATINUM - Ch A-D, Jr A-B (73)	8:00am	11:00am
#4 - SILVER - Ch A-G (83)	12:00pm	2:30pm
#5 - SILVER - Ch H-K, Jr A-C (84)	3:30pm	6:00pm
#6 - SILVER - Jr D-I (78)	7:00pm	9:30pm

#### Sunday, April 2

Session	Open Stretch	Awards
#7 - SILVER - Jr J-K, Sr A-D (77)	8:00am	10:30am
#8 - SILVER - Sr E-J (78)	11:30am	2:00pm

## **BRONZE & GOLD GYM**

**Friday, March 31**

<b>Session</b>	<b>Open Stretch</b>	<b>Awards</b>
#1 - GOLD - Ch A-G (87)	2:00pm	5:00pm
#2 - GOLD - Ch H-I, Jr A-D (77)	6:00pm	8:45pm

**Saturday, April 1**

<b>Session</b>	<b>Open Stretch</b>	<b>Awards</b>
#3 - GOLD - Jr E-I, Sr A-B (90)	8:00am	11:00am
#4 - GOLD - Sr C-H (79)	12:00pm	2:45pm
#5 - BRONZE - Ch A-G (87)	3:45pm	6:00pm
#6 - BRONZE - Ch H-I, Jr A-D (77)	7:00pm	9:15pm

**Sunday, April 2**

<b>Session</b>	<b>Open Stretch</b>	<b>Awards</b>
#7 - BRONZE - Jr E-I, Sr A-B (91)	8:00am	10:15am
#8 - BRONZE - Sr C-H (78)	11:15am	1:30pm