

# Iowa Xcel State 2024

## Session Summary

Mar 22-24, 2024

Friday, March 22, 2024 XP Ch A-D, Jr A-B	Session: A01 # Gymnasts 78	Open Warmup 10:00 AM Timed Warmup	March In 10:20 AM Awards 1:00 PM
Friday, March 22, 2024 XP Jr C-D, Sr A-C	Session: A02 # Gymnasts 70	Open Warmup 1:30 PM Timed Warmup	March In 1:50 PM Awards 4:30 PM
Friday, March 22, 2024 XP Sr D & XD All	Session: A03 # Gymnasts 71	Open Warmup 5:00 PM Timed Warmup	March In 5:20 PM Awards 8:00 PM
Saturday, March 23, 2024 XS Ch A-G	Session: A04 # Gymnasts 95	Open Warmup 8:00 AM Timed Warmup	March In 8:15 AM Awards 11:00 AM
Saturday, March 23, 2024 XS Ch H-K, Jr A-B	Session: A05 # Gymnasts 84	Open Warmup 11:30 AM Timed Warmup	March In 11:45 AM Awards 2:30 PM
Saturday, March 23, 2024 XS Jr C-H	Session: A06 # Gymnasts 84	Open Warmup 3:00 PM Timed Warmup	March In 3:15 PM Awards 6:00 PM
Saturday, March 23, 2024 XS Jr-K, Sr A-D	Session: A07 # Gymnasts 96	Open Warmup 6:30 PM Timed Warmup	March In 6:45 PM Awards 9:30 PM
Sunday, March 24, 2024 XS Sr E-J	Session: A08 # Gymnasts 92	Open Warmup 9:00 AM Timed Warmup	March In 9:15 AM Awards 12:00 PM
Friday, March 22, 2024 XG Ch A-F	Session: B01 # Gymnasts 77	Open Warmup 2:00 PM Timed Warmup	March In 2:20 PM Awards 5:00 PM
Friday, March 22, 2024 XG Ch G-H, Jr A-D	Session: B02 # Gymnasts 78	Open Warmup 5:30 PM Timed Warmup	March In 5:50 PM Awards 8:30 PM
Saturday, March 23, 2024 XG Jr E-H, Sr A-B	Session: B03 # Gymnasts 79	Open Warmup 8:00 AM Timed Warmup	March In 8:20 AM Awards 11:00 AM
Saturday, March 23, 2024 XG Sr C-H	Session: B04 # Gymnasts 84	Open Warmup 11:30 AM Timed Warmup	March In 11:50 AM Awards 2:30 PM
Saturday, March 23, 2024 XB Ch A-D, Jr A-C Hug	Session: B05 # Gymnasts 95	Open Warmup 3:00 PM Timed Warmup	March In 3:15 PM Awards 5:30 PM
Saturday, March 23, 2024 XB Ch E-I, Jr H-I	Session: B06 # Gymnasts 93	Open Warmup 6:00 PM Timed Warmup	March In 6:15 PM Awards 8:30 PM
Sunday, March 24, 2024 XB Jr D-G, Sr A-B	Session: B07 # Gymnasts 81	Open Warmup 8:00 AM Timed Warmup	March In 8:15 AM Awards 10:30 AM
Sunday, March 24, 2024 XB Sr C-H	Session: B08 # Gymnasts 83	Open Warmup 11:00 AM Timed Warmup	March In 11:15 AM Awards 1:30 PM