

**2020 Stafford Women's Invitational
Session Times**

<u>Friday, January 31st</u>		
Session 1	8:00 AM	Open Stretch
Level 6	11:30 AM	Awards
Aerial East, Dynamic-Arlington, East Coast, GMS (L6&XG), Rebounders, River City, Shenandoah, Stafford Royals, VEGA, Williamsburg, WISC, Xtreme Heights		
Session 2	11:45 AM	Open Stretch
Level 7	2:45 PM	Awards
Aerial East, Dynamic-Arlington, GMS, Rebounders(2)*, Shenandoah, Stafford Royals, VEGA, WISC, Xtreme Heights		
Session 3	3:00 PM	Open Stretch
Level 3	6:00 PM	Awards
Dynamic Arlington(2), East Coast, Rebounders(2), River City(2), TSJ Gymnastics, VEGA, Williamsburg, WISC, Xtreme Heights		
Session 4	6:15 PM	Open Stretch
Level 3 and Xcel Bronze	9:15 PM	Awards
Aerial East-L3(2), Arlington Aerials-L3(2), East Coast-XB, GMS-L3, Shenandoah-L3, Williamsburg-XB, WISC-XB(2), Woods-XB(2)		
<u>Saturday, February 1st</u>		
Session 5	8:00 AM	Open Stretch
Xcel Bronze	10:00 AM	Awards
Aerial East(2), Chantilly Academy, Paragon(2), Stafford Royals(2), VEGA(2), Xtreme Heights		
Session 6	10:00 AM	Open Stretch
Xcel Silver	1:00 PM	Awards
Dynamic-Arlington(2), East Coast, Shenandoah, Stafford Royals(2), VEGA(2), Williamsburg, Woods, Xtreme Heights		
Session 7	1:00 PM	Open Stretch
Xcel Silver and Gold	5:00 PM	Awards
Aerial East-XS&XG(2), Chantilly Academy-XS, East Coast-XG, Shenandoah-XG, Stafford Royals-XG(2), TSJ Gymnastics-XS&XG(2), VEGA-XG, Williamsburg-XG, WISC-XS, Woods-XG, Xtreme Heights-XG		
Session 8	5:00 PM	Open Stretch
Xcel Gold and Level 4	9:00 PM	Awards
Chantilly Academy-XG(2), Dynamic-Arlington-XG&L4(2), East Coast-L4, Rebounders-L4(2), VEGA-L4, Williamsburg-L4, WISC-XG&L4(2), Xtreme Heights-L4		
<u>Sunday, February 2nd</u>		
Session 9	8:00 AM	Open Stretch
Level 4 and Level 5	12:00 PM	Awards
Aerial East-L4(2), Arlington Aerials-L5, Dynamic-Arlington-L5, GMS-L4, Rebounders-L5, River City-L4, Shenandoah-L4, Stafford Royals-L4&5(2), Williamsburg-L5, WISC-L5, Woods-L4		
Session 10	12:00 PM	Open Stretch
Xcel Platinum	4:15 PM	Awards
Aerial East, Chantilly Academy, Dynamic-Arlington, East Coast, Rebounders(2), Stafford Royals, Williamsburg, WISC, Woods, Xtreme Heights		
Session 11	4:15 PM	Open Stretch
Level 8, Level 9 & Xcel Diamond	7:30 PM	Awards
Aerial East(2), Chantilly Academy, Dynamic-Arlington, East Coast, Rebounders, Shenandoah, Stafford Royals, VEGA, Williamsburg, WISC, Woods, Xtreme Heights		

** - numbers in parentheses indicate the minimum number of team coaches needed for the session if more than 1*

*Live scoring will be available at
MeetScoresOnline.com and myUSAGym.com*

1/13/2020