

## 2022 Stafford Women's Invitational

### Session Times

Updated January 28th - updates in **red** \*\*

#### Friday, January 28th

<b>Session 1</b>	9:30 AM	<b>Open Stretch</b>
<b>Xcel Gold (1 of 2)</b>	11:45 AM	<b>Session Awards</b>
Above the Bar, Aerial East (2 squads), GMS, Gym America, Stafford Royals (2 squads), Youth Sports		

<b>Session 2</b>	12:15 PM	<b>Open Stretch</b>
<b>Xcel Gold (2 of 2)</b>	2:30 PM	<b>Session &amp; Team Awards</b>
Capital (2 squads), Gym America, Shenandoah Tumblers, Tidal Wave Athletics, Williamsburg, Woods		

<b>Session 3</b>	3:00 PM	<b>Open Stretch</b>
<b>Levels 4 &amp; 5</b>	6:15 PM	<b>Awards</b>
Above the Bar, Aerial East (2 squads), Arlington Aerials, Dyanamic (Arlington), GMS, Gym America, Shenandoah Tumblers, Stafford Royals (2 squads), Williamsburg, Youth Sports		

#### Saturday, January 29th

<b>Session 4</b>	<b>10:00 AM</b>	<b>Open Stretch</b>
<b>Xcel Silver</b>	<b>1:00 PM</b>	<b>Awards</b>
Above the Bar, Aerial East, Capital, GMS, Gym America, Shenandoah Tumblers, Stafford Royals, Williamsburg, Woods, Youth Sports		

<b>Session 5</b>	<b>1:30 PM</b>	<b>Open Stretch</b>
<b>Level 3</b>	<b>4:00 PM</b>	<b>Awards</b>
Above the Bar, Aerial East (2 squads), Arlington Aerials, GMS (2 squads), Gym America, Shenandoah Tumblers, Williamsburg (2 squads)		

<b>Session 6</b>	<b>4:30 PM</b>	<b>Open Stretch</b>
<b>Xcel Bronze</b>	<b>7:00 PM</b>	<b>Awards</b>
Above the Bar, Aerial East (2 squads), GMS (2 squads), Gym America, Paragon, Stafford Royals, Williamsburg, Woods, Youth Sports		

#### Sunday, January 30th

<b>Session 7</b>	8:00 AM	<b>Open Stretch</b>
<b>Xcel Platinums and Diamonds</b>	12:00 PM	<b>Awards</b>
Capital (3 squads), GMS, Gym America, Shenandoah Tumblers, Stafford Royals, Tidal Wave Athletics, Williamsburg, Woods, Youth Sports		

<b>Session 8</b>	12:30 PM	<b>Open Stretch</b>
<b>Levels 6, 7, 8 &amp; 9</b>	4:15 PM	<b>Awards</b>
Above the Bar, Aerial East, Arlington Aerials, Dynamic (Arlington, 2 squads), Gym America, Shenandoah Tumblers, Stafford Royals, Williamsburg		