

**2023 Stafford Women's Invitational  
Session Times**

Updated January 4th (updates in red)

<b>Friday, January 27th</b>		
<b>Session 1</b>	9:00 AM	<b>Open Stretch</b>
<b>Level 4, 5 &amp; Xcel Gold</b>	12:30 PM	<b>Session Awards</b>
Aerial East (Gold), Chantilly Academy (L5), GMS (Gold), Gym America (Gold), Gym Quest (L4/Gold), MEGA-DC (L4/5), Paragon (Gold), Shenandoah (Gold), Xtreme Heights (Gold), Youth Sports (Gold)		
<b>Session 2</b>	1:00 PM	<b>Open Stretch</b>
<b>Level 4 &amp; 5</b>	4:30 PM	<b>Session &amp; Team Awards</b>
Aerial East, Chantilly Academy (L4), Coastal Point, GMS, Gym America, Gymstrada, Middlesex, Pure, Shenandoah, Stafford Royals, Williamsburg, YMCA Angels		
<b>Session 3</b>	5:00 PM	<b>Open Stretch</b>
<b>Level 3 &amp; Xcel Silver</b>	8:00 PM	<b>Session Awards</b>
Arlington Aerials, Chantilly Academy, Coastal Point, Gym Quest, Middlesex, Pure, TWA, Williamsburg (2 squads), YMCA Angels (+L8), Youth Sports		
<b>Saturday, January 28th</b>		
<b>Session 4</b>	8:00 AM	<b>Open Stretch</b>
<b>Xcel Silver</b>	11:00 AM	<b>Session &amp; Team Awards</b>
Aerial East (2 squads), GMS (2 squads), Gym America, Novaks, Paragon (2 squads), Stafford Royals (2 squads)		
<b>Session 5</b>	11:30 AM	<b>Open Stretch</b>
<b>Level 3</b>	2:30 PM	<b>Session &amp; Team Awards</b>
Aerial East (2 squads), GMS (2 squads), Gym America, Gymstrada (2 squads), Novaks, VIGS (2 squads)		
<b>Session 6</b>	3:00 PM	<b>Open Stretch</b>
<b>Xcel Bronze</b>	5:30 PM	<b>Session Awards</b>
Aerial East (2 squads), GMS (2 squads), Paragon (2 squads), Pure, TWA, Youth Sports		
<b>Session 7</b>	6:00 PM	<b>Open Stretch</b>
<b>Xcel Bronze</b>	8:30 PM	<b>Session &amp; Team Awards</b>
Chantilly Academy, Gym America (2 squads), Gym Quest, Novaks, Stafford Royals (3 squads), Williamsburg, Xtreme Heights		
<b>Sunday, January 29th</b>		
<b>Session 8</b>	8:00 AM	<b>Open Stretch</b>
<b>Xcel Gold &amp; Platinum (PL)</b>	11:00 AM	<b>Session &amp; Team Awards</b>
Aerial East (PL), Chantilly Academy, GMS (PL), Gym America (PL), Novaks, Paragon (PL), Pure, Shenandoah (PL), Stafford Royals (2 squads), Williamsburg		
<b>Session 9</b>	11:30 AM	<b>Open Stretch</b>
<b>Levels 8, 9, 10, Xcel Diamond &amp; Sapphire</b>	2:30 PM	<b>Session &amp; Team Awards</b>
Chantilly Academy, Coastal Point, GMS, Gym America, Gym Quest, MEGA-DC, Paragon, Pure, Shenandoah, Stafford Royals, Williamsburg, YMCA Angels, Youth Sports		
<b>Session 10</b>	3:00 PM	<b>Open Stretch</b>
<b>Level 6 &amp; 7</b>	6:00 PM	<b>Session &amp; Team Awards</b>
Aerial East (2 squads), Apollo, Chantilly Academy, Coastal Point, Gym America, Gym Quest, MEGA-DC, Middlesex, Pure, Shenandoah, Stafford Royals, Williamsburg, YMCA Angels, Youth Sports		