



# Sessions & Times

APRIL 10 – 12, 2026

PLEASE PROVIDE THE NUMBER OF COACHES AS INDICATED FOR EACH SESSION

## FRIDAY, APRIL 10, 2026

### SESSION 1: 1:00 PM – LEVEL 4 JR

AERIALS (1), APEX (2), CARDINAL (1), CLASSICS (1), DYNAMIC (1), NOVAKS (1), OLYMPIAD (1), SHENANDOAH TUMBLERS (1)

### SESSION 2: 4:30 PM – XCEL GOLD SR & LEVEL 4 SR

AERIALS (1), APEX (2), CARDINAL (1), CLASSICS (1), DYNAMIC (2), OLYMPIAD (1), ST JAMES (1), TIDAL WAVE (1)

## SATURDAY, APRIL 11, 2026

### SESSION 3: 8:00 AM – XCEL GOLD JR

APEX (2), CLASSICS (1), DYNAMIC (1), FLIP OVER (1), NOVAKS (1), PRESTIGE (1), SHENANDOAH TUMBLERS (1), TIDAL WAVE (1)

### SESSION 4: 11:00 AM – XCEL PLATINUM, XCEL DIAMOND, & XCEL SAPPHIRE

APEX (2), CLASSICS (1), DYNAMIC (1), FLIP OVER (1), NOVAKS (1), PRESTIGE (1), RAINBOW (1), SHENANDOAH TUMBLERS (1)

### SESSION 5: 2:30 PM – XCEL BRONZE JR

APEX (2), NOVAKS (1), PRESTIGE (1), SHENANDOAH TUMBLERS (1), TIDAL WAVE (1)

### SESSION 6: 5:00 PM – XCEL BRONZE SR

APEX (3), NOVAKS (1), PRESTIGE (1), TIDAL WAVE (1)

## SUNDAY, APRIL 12, 2026

### SESSION 7: 8:30 AM – XCEL SILVER JR

APEX (1), CLASSICS (1), FLIP OVER (1), NOVAKS (1), PRESTIGE (1), SHENANDOAH TUMBLERS (1), TIDAL WAVE (1)

### SESSION 8: 11:00 AM – XCEL SILVER SR

APEX (2), CLASSICS (1), DYNAMIC (1), NOVAKS (1), TIDAL WAVE (1)

### SESSION 9: 1:30 PM – LEVEL 3 JR

AERIALS (1), APEX (2), CARDINAL (1), CLASSICS (1), DYNAMIC (1), NOVAKS (1), OLYMPIAD (2), ST JAMES (1)

### SESSION 10: 4:15 PM – LEVEL 3 SR

AERIALS (1), APEX (1), CARDINAL (1), CLASSICS (1), DYNAMIC (1), OLYMPIAD (3), SHENANDOAH TUMBLERS (1), ST JAMES (1)

LIVE SCORING WILL BE AVAILABLE AT:

STG LIVE  
MEET CENTRAL

