

# 2015 Southern Regional Championships

Ocean Center  
101 N. Atlantic Ave.  
Daytona Beach, FL 32118

**Saturday, May 23<sup>rd</sup>, 2015**

## **Session 1: Level 3 with DOB between 10/2/05-4/1/00 (60) and Excel Bronze (11)**

8:00 A.M. – 8:15 A.M.	Stretch
8:15 A.M. – 8:25 A.M.	Warm-Up
8:25 A.M. – 8:35 A.M.	March In
8:35 A.M. – 10:30 A.M.	Competition

## **Session 2: Level 3 with DOB between 1/14/09-10/03/05 (84)**

10:30 A.M. – 10:45 A.M.	Stretch
10:45 A.M. – 11:00 A.M.	Warm-Up
11:00 A.M. – 11:15 A.M.	March In
11:15 A.M. – 1:30 P.M.	Competition

## **Session 3: Level 2 All (102)**

1:30 P.M. – 1:45 P.M.	Stretch
1:45 P.M. – 1:55 P.M.	Warm-Up
1:55 P.M. – 2:05 P.M.	March In
2:05 P.M. – 4:30 P.M.	Competition

## **Session 4: Level 1 All (96)**

4:35 P.M. – 4:50 P.M.	Stretch
4:50 P.M. – 5:00 P.M.	Warm-Up
5:00 P.M. – 5:10 P.M.	March In
5:10 P.M. – 7:00 P.M.	Competition

Please arrive 15 minutes prior to your stretch time as we will begin early if the session before ends early with the exception of the first session of the day.

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**Sunday, May 24<sup>th</sup>, 2015**

## **Session 5: Level 4 (38), Level 5 (2), Level 6 (17) and Xcel Silver (25)**

8:00 A.M. – 8:20 A.M.	Stretch
8:20 A.M. – 8:30 A.M.	Warm-Up
8:30 A.M. – 8:40 A.M.	March In
8:40 A.M. – 11:00 A.M.	Competition

## **Session 6: Level 7, 8, 9, 10, Excel Platinum and Ladies ALL (70)**

11:15 A.M. – 11:30 A.M.	Stretch
11:30 A.M. – 11:45 A.M.	Warm-Up
11:45 A.M. – 12:00 P.M.	March In
12:00 P.M. – 2:45 P.M.	Competition

## **Session 7: Levels Xcel Gold, and Xcel Diamond (70)**

2:45 P.M. – 3:00 P.M.	Stretch
3:00 P.M. – 3:15 P.M.	Warm-Up
3:15 P.M. – 3:30 P.M.	March In
3:30 P.M. – 6:15 P.M.	Competition

Please arrive 15 minutes prior to your stretch time as we will begin early if the session before ends early with the exception of the first session of the day.