

2019 Triad Classic Schedule
GYM B - Modified Traditional Format

Saturday, January 5, 2019

Session B1: Xcel Gold

Chows, Classic Savage, Omaha Gymnastics, Triad, Xtreme

Open Stretch	8:30 AM
Introductions	8:50 AM
Timed Warm ups and Compete	8:55 AM
Awards	Approximately 11:55 PM

Session B2: Xcel Gold

Black Hawk, Cedar Valley, Classic, Mid Iowa, Prairie Fire, Ruby, Somersaults, Transform

Open Stretch	12:00 PM
Introductions	12:20 PM
Timed Warm ups and Compete	12:25 PM
Awards	Approximately 2:55 PM

Session B3: Xcel Silver

Black Hawk, Cedar Valley, Chows, Omaha Gymnastics, Triad

Open Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm ups and Compete	3:25 PM
Awards	Approximately 6:10 PM

Sunday, January 6, 2019

Session B4: Xcel Silver

Classic, Mid Iowa, Ruby, Somersaults, Transform

Open Stretch	9:00 AM
Introductions	9:20 AM
Timed Warm ups and Compete	9:25 AM
Awards	Approximately 11:35 AM

Session B5: Level 3 and Xcel Bronze

Open Stretch	11:40 AM
Introductions	12:00 PM
Timed Warm ups and Compete	12:05 PM
Awards	Approximately 2:40 PM

Session B6: Level 4 and Level 5

Open Stretch	2:45 PM
Introductions	3:05 PM
Timed Warm ups and Compete	3:10 PM
Awards	Approximately 6:05 PM