

FRIDAY MAY 10TH

| | WAG | MAG | TG | RG | |
|----------|---|-----|-----------------------------------|--------|----------|
| | Xcel Gold October 2010-Aug 2011 | | | | |
| 8:30 | Warm Up 08:30 | | | | 8:30 |
| 8:45 | Competition 8:45 AM-10:15 AM | | | | 8:45 |
| 9:00AM | | | | | 9:00AM |
| 9:15AM | | | | | 9:15AM |
| 10:00AM | | | | | 10:00AM |
| 10:15 AM | | | | | 10:15 AM |
| | Awards. 10:30 | | | | |
| | | | | | |
| | Xcel Gold Sept 2011-May 2012 | | | | |
| 10:30AM | Warm Up | | | | 10:30AM |
| 10:45 | Competition 10:45-12:15 | | | | 10:45 |
| 11:00AM | | | | | 11:00AM |
| 11:15AM | | | | | |
| 11:30AM | | | | | |
| 12:15PM | | | | | 12:15PM |
| | | | L4+ Prelims | | |
| 12:30PM | Awards. 12:30 PM | | | | 12:30PM |
| | | | | | |
| 12:45PM | Xcel Gold 2007-Sept 2010 | | General Warm Up 12:30PM-1:30PM | | 12:45PM |
| 1:00PM | Warm Up | | | | 1:00PM |
| 1:15PM | Competition 1:15PM-2:45 PM | | | | 1:15PM |
| 1:30PM | | | Tumbling 1:30PM-1:56PM | | 1:30PM |
| 1:45PM | | | | | 1:45PM |
| 2:00PM | | | | | 2:00PM |
| 2:30PM | | | | | 2:30PM |
| 2:45PM | | | | 2:45PM | |
| 3:00 | Awards 3:00 PM | | | | 15:00 |
| | Xcel April 2013-2014 Xcel June 2012 - March 2013 | | DMT 1:56PM-3:37PM | | |
| 3:00 | Warm Up | | | | 3:00 |
| 3:15PM | Competition 3:15 - 5:30 | | | | 3:15PM |
| 3:30PM | | | | | 3:30PM |
| 3:45PM | | | | | 15:45 |
| | | | | | |
| | | | | | |
| | | | | | |
| 3:45PM | | | | | 3:45PM |
| 4:00PM | | | | | 4:00PM |
| 4:15PM | | | | | 4:15PM |
| 4:30PM | | | | | 4:30PM |
| 5:00PM | | | | 5:00PM | |
| 5:15PM | | | | 5:15PM | |
| 5:30PM | | | Synchro 4:45PM-4:51PM | | 5:30PM |
| 5:45PM | Awards. 5:45 PM | | | | 5:45PM |
| | | | | | |
| | CCP 4 & 5 | | | | |
| | | | | | 5:45PM |
| 6:00PM | Warm Up | | | | 6:00PM |
| 6:15PM | Competition 6:15PM-8:00 PM | | | | 6:15PM |
| 7:45PM | | | | | 7:45PM |
| 8:15PM | Awards. 8:15 PM | | | | 8:15PM |

SATURDAY MAY 11TH

| | WAG | MAG | TG | RG | | |
|---------|----------------------------|--------------------------|------------------------------------|---------------------------|-------------------------------|---------|
| | Xcel Platinum | P2 & P3 | LEVEL 4+ Finals | | | |
| 8:00AM | | Warm Up - General 20 min | General Warm Up - 8:00AM-8:20AM | | 8:00AM | |
| 8:15AM | Warm Up | | | | 8:15 AM | |
| 8:20AM | | March In | | | 8:20 AM | |
| 8:30AM | Competition 8:30AM-11:35AM | | Tumbling 8:20AM-8:47AM | | 8:30AM | |
| 9:15AM | | | | | 9:15AM | |
| 9:30AM | | | | DMT 8:47AM-9:53AM | | 9:30AM |
| 9:45AM | | | | | 9:45AM | |
| 10:00AM | | | | | 10:00AM | |
| 10:30AM | | | Competition 8:20AM-11:30AM | Trampoline 9:53AM-10:37AM | | 10:30AM |
| 10:35AM | | | | | 10:35AM | |
| 10:50AM | | | | AWARDS 10:45-11:30 | Training Gym Opens at 10:00AM | 10:50AM |
| 11:00AM | | | | | | 11:05AM |
| 11:15AM | | | | | | 11:15AM |
| 11:30AM | | | | 11:30AM | | |

| 11:45AM | | WELCOME CEREMONIES - ALL DISCIPLINES - ALL ATHLETES WELCOME TO ATTEND | | | | 11:45AM | | |
|--|--|---|------------------------------|--|--|--|---------|---------|
| 12:00PM | | AWARDS | | AWARDS | | TIMED WARM UP 12:00PM-12:15PM | 12:00PM | |
| | | WAG | MAG | TG | RG | | | |
| | | Level 8, 9, 10, HP, Xcel Diamond | P4, JR, SR, OPEN | | | | | |
| 12:15PM | | Warm Up 12:10PM-12:30PM | Warm Up 12:15PM-12:35PM | L1-3 Prelims | Rotation 1: Provincial & National Groups 12:15PM-12:30PM | | 12:15PM | |
| 12:30PM | | Competition 12:30PM - 4:30PM | Competition 12:35PM - 3:35PM | Run & Stretch 20 mins 12:00PM-12:20PM | TIMED WARM UP 12:30PM-12:45PM | | 12:30PM | |
| 12:35PM | | | | | | Rotation 2: 2A, 3A, 4A, 5A 12:45PM-1:40PM | | 12:35PM |
| 12:45PM | | | | | | TIMED WARM UP 1:40PM-1:55PM | | 12:45PM |
| 12:50PM | | | | | | Rotation 3: 2B, 3B, 4B, 5B, 6B, Masters 1:55PM-3:15PM | | 12:50PM |
| 1:00PM | | | | | | TIMED WARM UP 3:15PM-3:30PM | | 1:00PM |
| 1:30PM | | | | | | Rotation 4: 3C, 4C, Novice, Junior, Senior 3:30PM-4:30PM | | 1:30PM |
| 1:40PM | | | | | | Special O Warm Up on Competition Carpet 4:30PM-5:00PM | | 1:40PM |
| 1:45PM | | | | | | Rotation 5: Special O LV C, LV1, Mens LV1 5:00PM-5:50PM | | 1:45PM |
| 1:55 PM | | | | | | AWARDS. 6:00 PM | | 1:55 PM |
| 2:00PM | | | | | | | | 2:00PM |
| 2:15PM | | | | | | | | 2:15PM |
| 2:35PM | | | | | | | | 2:35PM |
| 2:45PM | | | | | | | | 2:45PM |
| 2:50PM | | | | | | | | 2:50PM |
| 3:00PM | | | | | | | | 3:00PM |
| 3:10PM | | | | | | 3:10PM | | |
| 3:15 PM | | | | | | 3:15 PM | | |
| 3:30PM | | | | | | 3:30PM | | |
| 3:45PM | | | | | | 3:45PM | | |
| 3:50PM | | | | | | 3:50PM | | |
| 4:00PM | | | | | | 4:00PM | | |
| 4:20PM | | | | | | 4:20PM | | |
| 4:30PM | | | | | | 4:30PM | | |
| 4:45PM | | | | | | 4:45PM | | |
| 5:00PM | | | | | | 5:00PM | | |
| 5:15PM | | | | | | 5:15PM | | |
| 5:45PM | | | | | | 5:45PM | | |
| 6:00PM | | | | | | 6:00PM | | |
| 6:15 PM | | | | | | 6:15 PM | | |
| 6:30 PM | | | | | | 6:30 PM | | |
| 7:00PM | | | | | | 7:00PM | | |
| 7:10 PM | | | | | | 7:10 PM | | |
| 7:15 PM | | | | | | 7:15 PM | | |
| 7:30PM | | | | | | 7:30PM | | |
| SOCIAL FOR COACHES AND OFFICIALS 7:00PM HIGH UP ABOVE B ROOM STAYBRIDGE SUITES SASKATOON - UNIVERISTY | | | | | | | | |

| SUNDAY MAY 12th | | | | | | | | |
|-----------------|--|---------------------------|------------------------------|---------------------------|--|--|----------|---------|
| | | WAG | MAG | TG | RG | | | |
| | | CCP3 2014-2015 | P1 | LEVEL 1-3 FINALS | | | | |
| 8:00AM | | Warm Up | Warm Up | Run & stretch - 20mins | Training Gym Opens at 8:00AM | | 8:00AM | |
| 8:15AM | | | March In | | | | 8:15AM | |
| 8:30AM | | Competition 8:15AM-9:45AM | Competition 8:15AM - 10:45AM | Tumbling 8:20AM-8:59AM | | | 8:30AM | |
| 8:45 AM | | | | | | | | 8:45 AM |
| 9:00 AM | | | | | | | | 9:00 AM |
| 9:15 AM | | | | | | | | 9:15 AM |
| 9:30 AM | | | | | | | | 9:30 AM |
| 9:45AM | | | | Trampoline 9:00AM-10:05AM | | | 9:45AM | |
| 10:00AM | | | | | TIMED WARM UP 10:00AM-10:15AM | | 10:00AM | |
| 10:15AM | | | | | | | 10:15AM | |
| 10:30AM | | | | | Rotation 6: 3B, 4B, 5A, 5B, 6B 10:15AM-10:50AM | | 10:30AM | |
| 10:45AM | | | | | | | 10:45AM | |
| 10:50AM | | | | | | | 10:50AM | |
| 10:55AM | | | | | TIMED WARM UP 10:55AM-11:10AM | | 10:55AM | |
| 11:00AM | | | | | | | 11:00AM | |
| 11:10AM | | | | | | | 11:10AM | |
| 11:30AM | | | | | Rotation 7: 3C, 4C, Novice, Junior, Senior 11:10AM-12:02PM | | 11:30AM | |
| 11:45AM | | | | | | | 11:45AM | |
| 12:00PM | | | | | AWARDS. 12:00 PM | | 12:00PM | |
| 12:15 PM | | | | | | | 12:15 PM | |
| 12:30 PM | | | | | | | 12:30 PM | |
| 1:00 PM | | | | | | | 1:00 PM | |
| 1:30 PM | | | | | | | 1:30 PM | |
| 2:00 PM | | | | | | | 2:00 PM | |