

Friday, March 10,2023				
8:30-9:42	Level 3	Group A -Vitrichenko, Rhythmix, Royal academy	Floor, Ball	warm up starts at 7:30
9:47-11:11	Level 3	Group B -AP, Chicago Rhythmics, Elite, VVL	Floor, Ball	warm up starts at 9:00
<i>11:16-12:15</i>	<i>Xcel</i>	<i>All levels</i>	<i>Floor, Ball or Hoop</i>	warm up starts at 10:25
12:45-2:05	Level 4 Group A	Group A :AP, Chicago Rhythmics, Elite, NSR	Rope, Hoop	warm up starts at 11:55
2:10-3:38	Level 4 Group B	Group B: VVL, Vitrichenko, Rhythmix	Rope, Hoop	warm up starts at 1:30
3:45-5:43	Level 5 Group A	Group A: 2014	Floor, Ball, Clubs, Ribbon	warm up starts at 3:10
6:15-6:46	Groups	All	Two routines	warm up starts at 5:15
6:52-8:28	Level 6 Group A	Group A: 2011 ,2012	Floor, Rope, Hoop, Ribbon	warm up starts at 6:05
Saturday, March 11,2023				
8:30-10:15	Level 5 Group B	Group B: 2011 , 2013	Floor, Ball, Clubs, Ribbon	warm up starts at 7:30
10:20-12:04	Level 5 Group C	Group C: 2016 ,2015 ,2012	Floor, Ball, Clubs, Ribbon	warm up starts at 9:25
12:35-2:11	Level 6 Group B	Group B: 2013 , 2010, 2008	Floor, Rope, Hoop, Ribbon	warm up starts at 11:10
2:16-3:32	Level 7	All	Floor, Hoop	warm up starts at 12:55
3:38-4:38	Level 8	All	Floor, Ball	warm up starts at 2:00
4:45-5:59	Level 9/10 Group C	Group C: Level 9 JR 2009,2010,2011	Hoop, Ball	warm up starts at 3:30
6:30-7:35	Level 9/10 Group B	Group B: Level 10 JR, Level 9 JR 2008,2012	Hoop, Ball	warm up starts at 5:20
7:40-9:03	Level 9/10 Group A	Group A : Level 9 & 10 SR	Hoop, Ball	warm up starts at 6:40
Sunday, March 12,2023				
8:45-10:00	Level 7	All	Ball, clubs	warm up starts at 7:30
<i>10:06-11:06</i>	<i>Level 8</i>	<i>All</i>	<i>Clubs, Ribbon</i>	warm up starts at 8:40
11:11-12:25	Level 9/10 Group C	Group C: Level 9 JR 2009,2010,2011	Clubs, Ribbon	warm up starts at 9:50
12:55-2:00	Level 9/10 Group B	Group B: Level 10 JR, Level 9 JR 2008,2012	Clubs, Ribbon	warm up starts at 11:30
2:05-3:25	Level 9/10 Group A	Group A : Level 9 & 10 SR	Clubs, Ribbon	warm up starts at 1:00