



# Advanced State Championships

Hosted by – Eagles Gymnastics & Show Me Gymnastics  
Columbia College, Columbia, MO

## USA GYMNASTICS

### Friday – March 20

#### Session 1

##### Level 4 (9yrs, 7yrs) - 88

Doors will not open before 8:45

9:00 Open Stretch  
9:20 Line up for March in  
9:30 Warm up 1<sup>st</sup> event  
11:45 Awards

#### Session 2

##### Level 4 (10yrs, 12yrs, 13&14) - 87

12:30 Open Stretch  
12:50 Line up for March in  
1:00 Warm up 1<sup>st</sup> event  
3:30 Awards & Level 3 Team Awards

#### Session 3

##### Level 4 (8yrs, 11yrs) - 84

4:15 Open Stretch  
4:35 Line up for March in  
4:45 Warm up 1<sup>st</sup> event  
7:30 Awards & Level 4 Team Awards

### Saturday – March 21

#### Session 4

##### Level 5 – All Ages - 89

Doors will not open before 8:45

9:00 Open Stretch  
9:20 Line up for March in  
9:30 Warm up 1<sup>st</sup> event  
12:30 Awards & Level 5 Team Awards

#### Session 5

##### Xcel Gold American 8 & under, 9,10,13,14) - 71

1:15 Open Stretch  
1:35 Line up for March in  
1:45 Warm up 1<sup>st</sup> event  
3:45 Awards

#### Session 6

##### Xcel Gold American (11,12,15&up) - 69

4:30 Open Stretch  
4:50 Line up for March in  
5:00 Warm up 1<sup>st</sup> event  
7:00 Awards & Xcel Gold American Team Awards

### Sunday – March 22

#### Session 7

##### Xcel Gold National (8,12,15) - 78

Doors will not open before 8:45

9:00 Open Stretch  
9:20 Line up for March in  
9:30 Warm up 1<sup>st</sup> event  
11:45 Awards

#### Session 8

##### Xcel Gold National (9yrs, 10yrs, 14yrs)-86

12:30 Open Stretch  
12:50 Line up for March in  
1:00 Warm up 1<sup>st</sup> event  
3:15 Awards

#### Session 9

##### Xcel Gold National (11yrs, 13yrs) - 78

4:00 Open Stretch  
4:20 Line up for March in  
4:30 Warm up 1<sup>st</sup> event  
6:30 Awards & Xcel Gold National Team Awards