



2019 Gateway Beach Bash

2675 Metro Blvd, Maryland Heights, MO

Saturday, November 16, 2019

Xcel Bronze

5:30-5:40pm Open Stretch
5:40pm-5:50pm March In
5:50pm-6:00pm Warm Up
6:00pm-8:30 pm Competition
8:30 pm Awards

Sunday, November 17th, 2019

Xcel Gold, Platinum, and Diamond

8:00am-8:10am Open Stretch
8:10am-8:20am March In
8:20am-8:30am Warm Up
8:30-10:30 Competition
10:30am Awards

Sunday, November 17th, 2019

Xcel Silver Ages: 7 & under, 8, 9, and 10

(Age as of Championships on February 9th)

11:30am-11:40am Open Stretch
11:40am-11:50am March In
11:50am-12:00pm Warm Up
12:00 am-1:45pm Competition
1:45pm Awards

Xcel Silver Ages: 11, 12, and 13 & up

(Age as of Championships on February 9th)

2:30pm-2:40pm Open Stretch
2:40pm-2:50pm March In
2:50pm-3:00pm Warm Up
3:00pm-4:15 pm Competition
4:15pm Awards

JO Levels 1,2,3,4,5,6,7,9

5:00-5:10pm Open Stretch
5:10 pm-5:20pm March In
5:20 pm-5:30 pm Warm Up
5:30-8:00 Competition
8:00 Awards

