

**Albuquerque Gymnastics School**  
**50 Years in the Making**  
**Sessions 2024**



<b>Friday, February 16th 2024</b>		
<b>Session</b>	<b>Level</b>	<b>Time</b>
1	Xcel Bronze (11 and Younger)	8:00am
2	Xcel Bronze (12 and Older) Xcel Silver - ALL	11:30am
3	Xcel Gold - ALL Level 2 (10 and Older)	3:00pm
4	Xcel Platinum - ALL Xcel Diamond - ALL	6:30pm

<b>Saturday, February 17th 2024</b>		
<b>Session</b>	<b>Level</b>	<b>Time</b>
5	Level 5 - ALL Level 6 - ALL	8:30am
6	Level 7-10 - ALL	12:30pm
7	Level 4 - ALL	5:30pm

<b>Sunday, February 18th 2024</b>		
<b>Session</b>	<b>Level</b>	<b>Time</b>
8	Level 2 (9 and Younger)	8:00am
9	Level 3 (9 and Younger)	11:45am
10	Level 3 (10 and Older)	3:30pm

Session 4, 5, & 6 will be Traditional Format, all other sessions will Capitol Cup. Please ensure to staff accordingly to amount of athletes represented in each session.

**Age Determinations**

For Compulsories, Levels 2-5, age determination date is March 17th, 2024.  
 For Optionals and Xcel, age determination date is March 24th, 2024.

