

# 2024 Spirits Invitational

November 23 and 24

## Saturday

### Session I

Level 4 and 5

Open Stretch 8:30 – 9:00 A.M.      Opening Ceremonies 9:00      Timed Warm Up 9:10      Awards 12:00 PM

### Session II

Xcel Gold, Platinum and Diamond

Open Stretch 1:00 – 1:30 P.M.      Opening Ceremonies 1:30      Timed Warm Up 1:40      Awards 4:00 P.M.

### Session III

Levels 6 – 9

Open Stretch 5:00 – 5:30 P.M.      Opening Ceremonies 5:30      Timed Warm Up 5:40      Awards 9:30 P.M.

## Sunday

### Session IV

Level 2, Xcel Bronze and Silver

Open Stretch 9:30 – 9:50 A.M.      Opening Ceremonies 9:50      Timed Warm Up 10:00      Awards 12:00 P.M.

### Session V

Level 3

Open Stretch 1:00 - 1:20 P.M.      Opening Ceremonies 1:20      Timed Warm Up. 1:30      Awards 3:30 P.M.