

2025 Spirits StrongHer Invitational Meet Schedule



Saturday, November 22

Session I ~ Bronze

Open Stretch	8:30-8:50 am
Opening Ceremonies	8:50 am
Awards	10:40 am

Session II ~ Silver

Open Stretch	11:30-11:50 am
Opening Ceremonies	11:50 am
Awards	1:30 pm

Session III ~ Levels 2 & 3

Open Stretch	2:30-2:50 pm
Opening Ceremonies	2:50 pm
Awards	4:20 pm

Session IV ~ Level 4

Open Stretch	5:30-6:00 pm
Opening Ceremonies	6:00 pm
Awards	9:00 pm

Sunday, November 23

Session V ~ Gold & Level 5

Open Stretch	8:30-9:00 am
Opening Ceremonies	9:00 am
Awards	12:00 pm

Session VI ~ Levels 6 & 7

Open Stretch	1:00-1:30 pm
Opening Ceremonies	1:30 pm
Awards	4:00 pm

Session VII ~ Platinum & Diamond, Levels 8, 9 & 10

Open Stretch	4:30-5:00 pm
Opening Ceremonies	5:00 pm
Awards	7:30 pm



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