



2018 Hang 10.0 Invitational Girls Competition Times

*All sessions are Modified Non-Traditional

Saturday, January 20, 2018

Awards 5 Min after Session is Completed

Session 1

Level 2 & Level 3

8:00 – 8:15	Open Stretch
8:15 – 8:20	Introductions / National Anthem
8:20 – 8:28	Flight A Warm-up
8:28 – 10:40	Competition

Session 2

Level 4

10:35 - 10:50	Open Stretch
10:50 - 10:55	Introductions / National Anthem
10:55 - 11:03	Flight A Warm-up
11:03 - 12:35	Competition

Session 3

Level 5 & Level 6

12:30 - 12:45	Open Stretch
12:45 - 12:50	Intro
12:50 - 1:00	Flight A Warm-up
1:00 - 2:45	Competition

Session 4

Level 7

2:40 - 2:55	Open Stretch
2:55 - 3:00	Intro
3:00 - 3:12	Flight A Warm-up
3:12 - 5:20	Competition

Session 5

Level 8,9,10

5:15 - 5:30	Open Stretch
5:30 - 5:35	Intro
5:35 - 5:47	Flight A Warm-up
5:47 - 7:40	Competition

Session 6

Xcel Silver 12 & Up

7:35 - 7:50	Open Stretch
7:50 - 7:55	Intro
7:55 - 8:00	Flight A Warm-up
8:00 - 9:20	Competition

Sunday, January 21 2018

Awards 5 Min after Session is Completed

Session 7

Xcel Bronze & Xcel Silver 9 & Under

8:00 - 8:15	Open Stretch
8:15 - 8:20	Intro
8:20 - 8:28	Flight A Warm-up
8:28 - 10:30	Competition

Session 8

Xcel Silver 10 & 11 Yrs

10:25 - 10:40	Open Stretch
10:40 - 10:45	Intro
10:45 - 10:53	Flight A Warm-up
10:53 - 12:55	Competition

Session 9

Xcel Gold 12 & UP

12:50 - 1:05	Open Stretch
1:05 - 1:10	Intro
1:10 - 1:20	Flight A Warm-up
1:20 - 3:35	Competition

Session 10

Xcel Gold 11 & Under

3:30 - 3:45	Open Stretch
3:45 - 3:50	Intro
3:50 - 4:00	Flight A Warm-up
4:00 - 5:55	Competition

Session 11

Xcel Platinum & Xcel Diamond

5:50 - 6:05	Open Stretch
6:05 - 6:10	Intro
6:10 - 6:20	Flight A Warm-up
6:20 - 8:20	Competition