



2019 Hang 10.0 Invitational Girls Competition Times

Saturday, January 19, 2019

Awards immediately following each session

Session 1

Level 4 & Level 5

8:00 – 8:15	Open Stretch
8:15 – 8:20	Introductions / National Anthem
8:20 – 8:30	Flight A Warm-up
8:30 - 10:20	Competition

Session 2

Level 6

10:25 - 10:40	Open Stretch
10:40 - 10:45	Intro
10:45 - 11:00	Flight A Warm-up
11:00 - 1:20	Competition

Session 3

Level 7

1:25 - 1:40	Open Stretch
1:40 - 1:45	Intro
1:45- 2:00	Flight A Warm-up
2:00 - 4:10	Competition

Session 4

Level 8

4:15 - 4:30	Open Stretch
4:30 - 4:35	Intro
4:35 - 4:50	Flight A Warm-up
4:50 - 7:10	Competition

Session 5

Level 9 & 10

7:20 - 7:35	Open Stretch
7:35 - 7:40	Intro
7:40 - 7:55	Flight A Warm-up
7:55 - 9:35	Competition

Sunday, January 20, 2019

Awards immediately following each session

Session 6

Level 2 / Level 3 / Xcel Bronze

8:00 – 8:15	Open Stretch
8:15 – 8:20	Introductions / National Anthem
8:20 – 8:27	Flight A Warm-up
8:27 - 10:40	Competition

Session 7

Xcel Silver

10:45 - 11:00	Open Stretch
11:00 - 11:05	Intro
11:05 - 11:14	Flight A Warm-up
11:14 - 1:15	Competition

Session 8

Xcel Gold

1:20 - 1:35	Open Stretch
1:35 - 1:40	Intro
1:40 - 1:50	Flight A Warm-up
1:50 - 3:45	Competition

Session 9

Xcel Platinum & Xcel Diamond

3:50 - 4:05	Open Stretch
4:05 - 4:10	Intro
4:10 - 4:20	Flight A Warm-up
4:20 - 5:45	Competition