

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Friday, April 29, 2022 | | | Session: B01 | | | Open Warmup 8:00 AM | | | March In 8:15 AM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Gold Ch C | | | # Gymnasts 77 | | | Timed Warmup 8:15 AM | | | Awards 10:45 AM | | |
| Flight A (39 gymnasts) | | | | | | Flight B (38 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| AAAG - IA | XG | 2 | Acro Stars - ND | XG | 1 | | | | | | |
| All America AAGA-SD | XG | 2 | American Gold - ND | XG | 1 | | | | | | |
| Authority - MO | XG | 2 | Arising Stars - MO | XG | 1 | | | | | | |
| Capital - WI | XG | 1 | Chows - IA | XG | 2 | | | | | | |
| Cedar Valley - IA | XG | 1 | Classic - MN | XG | 1 | | | | | | |
| Classic Savage - MN | XG | 1 | Dubuque Gm - IA | XG | 1 | | | | | | |
| Elite - MN | XG | 4 | Edge Riverside - MO | XG | 1 | | | | | | |
| Flyaways North - MN | XG | 1 | Fitnastics (MV) - IA | XG | 1 | | | | | | |
| Gleasons Eagan- MN | XG | 1 | Flex - WI | XG | 2 | | | | | | |
| IGM - MN | XG | 2 | Flipz USA - MO | XG | 2 | | | | | | |
| In Motion - IA | XG | 1 | GK Blaze - IA | XG | 1 | | | | | | |
| Jam Hops - MN | XG | 1 | Gold Medal - MO | XG | 2 | | | | | | |
| Kansas City - MO | XG | 2 | Infinite Starz - IA | XG | 1 | | | | | | |
| LaFleur's - WI | XG | 2 | KAATS - MN | XG | 1 | | | | | | |
| Laketown - MN | XG | 2 | Mini Hops - MN | XG | 1 | | | | | | |
| North Shore - MN | XG | 1 | Missouri Elite - MO | XG | 1 | | | | | | |
| Northern Twistars-MN | XG | 1 | North Shore - WI | XG | 2 | | | | | | |
| Omaha - NE | XG | 1 | Olympia Rock Hill-MO | XG | 1 | | | | | | |
| Red River Valley- ND | XG | 1 | OlympiaManchester-MO | XG | 2 | | | | | | |
| Sapphire - IA | XG | 1 | Ozark Mountian - MO | XG | 1 | | | | | | |
| Somersaults - IA | XG | 1 | Premier - NE | XG | 1 | | | | | | |
| Swiss - WI | XG | 1 | Revolution - MN | XG | 1 | | | | | | |
| Synergy - IA | XG | 4 | Scamps BGCK - WI | XG | 2 | | | | | | |
| Team Flip - IA | XG | 2 | St. Louis Gym - MO | XG | 2 | | | | | | |
| TNT - WI | XG | 1 | Twisters - IA | XG | 3 | | | | | | |
| | | | WCGC - WI | XG | 3 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Friday, April 29, 2022 | | | Session: B02 | | | Open Warmup 11:30 AM | | | March In 11:45 AM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|----------------------|-------|------------|
| Gold Sr C | | | # Gymnasts 78 | | | Timed Warmup 11:45 AM | | | Awards 2:15 PM | | |
| Flight A (38 gymnasts) | | | | | | Flight B (40 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Air Force - WI | XG | 2 | AAAG - IA | XG | 1 | Badger - WI | XG | 1 | Classic Savage - MN | XG | 1 |
| All American AAG- MO | XG | 1 | Edge Riverside - MO | XG | 1 | Elite - MN | XG | 2 | Flipz USA - MO | XG | 1 |
| Dolphin - IA | XG | 1 | Jam Hops - MN | XG | 4 | Flyaways - MN | XG | 1 | Fremont Y - NE | XG | 1 |
| Infinite - WI | XG | 3 | Jump Around - WI | XG | 1 | Gold Medal - MO | XG | 1 | Gymfinity - WI | XG | 3 |
| Lake City - WI | XG | 1 | Lake City - WI | XG | 1 | In Motion - IA | XG | 2 | KAATS - MN | XG | 1 |
| M & M - WI | XG | 1 | M & M - WI | XG | 1 | Laketown - MN | XG | 1 | MEGA St. Joe - MO | XG | 1 |
| MGP - MO | XG | 1 | MGP - MO | XG | 1 | North Crest - MN | XG | 2 | Northern Twistars-MN | XG | 1 |
| North Shore - MN | XG | 1 | North Shore - MN | XG | 1 | Ozark Mountain - MO | XG | 1 | Perpetual - MN | XG | 1 |
| North Shore - WI | XG | 2 | North Shore - WI | XG | 2 | Salute Gym - IA | XG | 2 | Starz - WI | XG | 1 |
| OlympiaManchester-MO | XG | 1 | OlympiaManchester-MO | XG | 1 | Swiss - WI | XG | 2 | Team Central - MO | XG | 3 |
| Power And Grace - SD | XG | 4 | Power And Grace - SD | XG | 4 | Team Flip - IA | XG | 1 | TNT - ND | XG | 1 |
| Salto - WI | XG | 2 | Salto - WI | XG | 2 | Tri County - WI | XG | 1 | Triad - IA | XG | 3 |
| Sapphire - IA | XG | 1 | Sapphire - IA | XG | 1 | Twisters - IA | XG | 3 | | | |
| ShootForTheStars-MO | XG | 1 | ShootForTheStars-MO | XG | 1 | | | | | | |
| Somersaults - IA | XG | 6 | Somersaults - IA | XG | 6 | | | | | | |
| St. Louis Gym - MO | XG | 1 | St. Louis Gym - MO | XG | 1 | | | | | | |
| Synergy - IA | XG | 1 | Synergy - IA | XG | 1 | | | | | | |
| TCT - MN | XG | 2 | TCT - MN | XG | 2 | | | | | | |
| Wautoma- WI | XG | 1 | Wautoma- WI | XG | 1 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Friday, April 29, 2022 | | | Session: B03 | | | Open Warmup 3:00 PM | | | March In 3:15 PM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|----------------------|-------|------------|
| Gold Jr B | | | # Gymnasts 76 | | | Timed Warmup 3:15 PM | | | Awards 5:45 PM | | |
| Flight A (38 gymnasts) | | | | | | Flight B (38 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Classic - MN | XG | 2 | AAAG - IA | XG | 1 | All America AAGA-SD | XG | 2 | Carousel - WI | XG | 1 |
| Dynamics - MN | XG | 1 | Chows - IA | XG | 3 | Elite - MN | XG | 1 | Fitnastics (MV) - IA | XG | 1 |
| Edge Riverside - MO | XG | 1 | Fremont Y - NE | XG | 2 | Gleasons Eagan- MN | XG | 2 | Gymfinity - WI | XG | 2 |
| Emerge - IA | XG | 1 | Gleasons Eagan- MN | XG | 2 | ICON Staceys - MO | XG | 2 | Infinite Starz - IA | XG | 2 |
| Flyaways - MN | XG | 1 | Gymfinity - WI | XG | 2 | Laketown - MN | XG | 1 | M & M - WI | XG | 2 |
| Jump Around - WI | XG | 2 | ICON Staceys - MO | XG | 2 | MetroStarsPapio-NE | XG | 1 | North Shore - WI | XG | 2 |
| LaFleur's - WI | XG | 2 | Infinite Starz - IA | XG | 2 | North Shore - WI | XG | 2 | OlympiaManchester-MO | XG | 1 |
| Madtown - WI | XG | 1 | Laketown - MN | XG | 1 | OlympiaManchester-MO | XG | 1 | Perpetual Blaine-MN | XG | 1 |
| Mankato - MN | XG | 1 | M & M - WI | XG | 2 | Perpetual Blaine-MN | XG | 1 | Power And Grace - SD | XG | 1 |
| Mini Hops - MN | XG | 1 | MetroStarsPapio-NE | XG | 1 | Power And Grace - SD | XG | 1 | Premier - NE | XG | 1 |
| Northern Twistars-MN | XG | 1 | North Shore - WI | XG | 2 | Premier - NE | XG | 1 | Red River Valley- ND | XG | 1 |
| Omaha - NE | XG | 3 | OlympiaManchester-MO | XG | 1 | Red River Valley- ND | XG | 1 | Revolution - MN | XG | 1 |
| Perpetual - MN | XG | 1 | Perpetual Blaine-MN | XG | 1 | Revolution - MN | XG | 1 | Somersaults - IA | XG | 2 |
| Platinum - IA | XG | 2 | Power And Grace - SD | XG | 1 | Somersaults - IA | XG | 2 | Spirit- MN | XG | 1 |
| Racine - WI | XG | 1 | Premier - NE | XG | 1 | Spirit- MN | XG | 1 | Team Central - MO | XG | 2 |
| Rising Stars - MN | XG | 2 | Red River Valley- ND | XG | 1 | Team Central - MO | XG | 2 | Twisters - IA | XG | 1 |
| Salto - WI | XG | 1 | Revolution - MN | XG | 1 | Twisters - IA | XG | 1 | Xtreme - MO | XG | 1 |
| Skymax - MO | XG | 1 | Somersaults - IA | XG | 2 | Xtreme - MO | XG | 1 | | | |
| Starz - WI | XG | 2 | Spirit- MN | XG | 1 | | | | | | |
| TCT - MN | XG | 6 | Team Central - MO | XG | 2 | | | | | | |
| TNT - ND | XG | 5 | Twisters - IA | XG | 1 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Friday, April 29, 2022 | | | Session: B04 | | | Open Warmup 6:30 PM | | | March In 6:45 PM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Gold Sr A | | | # Gymnasts 78 | | | Timed Warmup 6:45 PM | | | Awards 9:15 PM | | |
| Flight A (39 gymnasts) | | | | | | Flight B (39 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Acro Stars - ND | XG | 1 | American Gold - ND | XG | 1 | | | | | | |
| Air Force - WI | XG | 2 | Badger - WI | XG | 5 | | | | | | |
| All American AAG- MO | XG | 1 | Dolphin - IA | XG | 1 | | | | | | |
| Black Hawk BHG - IA | XG | 2 | Flyaways - MN | XG | 1 | | | | | | |
| Dubuque Gm - IA | XG | 1 | Gold Medal - MO | XG | 1 | | | | | | |
| Fitnastics (MV) - IA | XG | 1 | Gymfinity - WI | XG | 3 | | | | | | |
| Flex - WI | XG | 1 | ICON Staceys - MO | XG | 2 | | | | | | |
| Fremont Y - NE | XG | 1 | Infinite - WI | XG | 1 | | | | | | |
| GT Performance - MO | XG | 1 | Infinite Starz - IA | XG | 1 | | | | | | |
| IGM - MN | XG | 2 | LaFleur's - WI | XG | 1 | | | | | | |
| Mini Hops - MN | XG | 1 | M & M - WI | XG | 1 | | | | | | |
| MWT Oak Creek - WI | XG | 2 | Mankato - MN | XG | 1 | | | | | | |
| North Shore - WI | XG | 1 | MetroStarsPapio-NE | XG | 1 | | | | | | |
| Omaha - NE | XG | 4 | Northern Lights - ND | XG | 1 | | | | | | |
| Ozark Mountian - MO | XG | 2 | Northern Twistars-MN | XG | 3 | | | | | | |
| Planet - MO | XG | 1 | Olympia Rock Hill-MO | XG | 1 | | | | | | |
| Platinum - IA | XG | 1 | OlympiaManchester-MO | XG | 2 | | | | | | |
| Premier - NE | XG | 1 | Revolution - MN | XG | 1 | | | | | | |
| Red River Valley- ND | XG | 3 | Salute Gym - IA | XG | 1 | | | | | | |
| Rising Stars - MN | XG | 2 | Springfield - MO | XG | 1 | | | | | | |
| Sapphire - IA | XG | 1 | St. Louis Gym - MO | XG | 1 | | | | | | |
| ShootForTheStars-MO | XG | 1 | Starz - WI | XG | 1 | | | | | | |
| Stoughton WI | XG | 1 | Synergy - IA | XG | 1 | | | | | | |
| Team Central - MO | XG | 2 | TCT - MN | XG | 2 | | | | | | |
| TNT - ND | XG | 1 | Twisters - IA | XG | 4 | | | | | | |
| Triad - IA | XG | 1 | | | | | | | | | |
| Xtreme - MO | XG | 1 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

Saturday, April 30, 2022 **Session: B05** **Open Warmup 8:00 AM** **March In 8:15 AM**
Gold Jr C **# Gymnasts 78** **Timed Warmup 8:15 AM** **Awards 10:45 AM**

| Flight A (40 gymnasts) | | | Flight B (38 gymnasts) | | |
|------------------------|-------|------------|------------------------|-------|------------|
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| All America AAGA-SD | XG | 2 | Air Force - WI | XG | 1 |
| Badger - WI | XG | 2 | All American AAG- MO | XG | 1 |
| Burlington Y - WI | XG | 1 | Chows - IA | XG | 3 |
| Capital - WI | XG | 1 | Classic Savage - MN | XG | 1 |
| Cedar Valley - IA | XG | 1 | Fitnastics (MV) - IA | XG | 1 |
| Flipz USA - MO | XG | 1 | Flips - MN | XG | 2 |
| Gleasons Eagan- MN | XG | 2 | Flyaways North - MN | XG | 1 |
| Gymfinity - WI | XG | 1 | Gold Medal - MO | XG | 1 |
| IGM - MN | XG | 3 | In Motion - IA | XG | 2 |
| Infinite Starz - IA | XG | 1 | LaFleur's - WI | XG | 2 |
| Iowa Gym-Nest - IA | XG | 1 | M & M - WI | XG | 1 |
| Jam Hops - MN | XG | 1 | North Shore - MN | XG | 2 |
| JETS - MN | XG | 1 | Olympia Rock Hill-MO | XG | 1 |
| Jump Around - WI | XG | 1 | Platinum - IA | XG | 1 |
| Laketown - MN | XG | 1 | Power And Grace - SD | XG | 2 |
| Mini Hops - MN | XG | 1 | Rising Stars - MN | XG | 2 |
| No Boundaries - MN | XG | 1 | Ruby - IA | XG | 1 |
| North Shore - WI | XG | 1 | Sapphire - IA | XG | 2 |
| Omaha - NE | XG | 3 | Scamps BGCK - WI | XG | 1 |
| Ozark Mountian - MO | XG | 1 | Skymax - MO | XG | 1 |
| Rebel - ND | XG | 1 | Starz - WI | XG | 1 |
| Salto - WI | XG | 2 | Swiss - WI | XG | 2 |
| Somersaults - IA | XG | 1 | TCT - MN | XG | 4 |
| Springfield - MO | XG | 1 | Team Central - MO | XG | 1 |
| St. Louis Gym - MO | XG | 3 | TNT - WI | XG | 1 |
| Stoughton WI | XG | 1 | | | |
| Tri County - WI | XG | 1 | | | |
| Twisters - IA | XG | 2 | | | |
| Wautoma- WI | XG | 1 | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 | | | Session: B06 | | | Open Warmup 11:30 AM | | | March In 11:45 AM | | |
|--------------------------|-------|------------|---------------------|-------|------------|------------------------|-------|------------|-------------------|-------|------------|
| Gold Ch A | | | # Gymnasts 76 | | | Timed Warmup 11:45 AM | | | Awards 2:15 PM | | |
| Flight A (38 gymnasts) | | | | | | Flight B (38 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| AAAG - IA | XG | 7 | Altius - WI | XG | 8 | | | | | | |
| All America AAGA-SD | XG | 1 | Arising Stars - MO | XG | 1 | | | | | | |
| Edge Riverside - MO | XG | 1 | Authority - MO | XG | 4 | | | | | | |
| Elite - MN | XG | 2 | Cedar Valley - IA | XG | 1 | | | | | | |
| Flipz USA - MO | XG | 3 | Flex - WI | XG | 3 | | | | | | |
| Gleasons Eagan- MN | XG | 1 | Flyaways North - MN | XG | 1 | | | | | | |
| Kansas City - MO | XG | 5 | Gold Medal - MO | XG | 1 | | | | | | |
| Madtown - WI | XG | 1 | Jump Around - WI | XG | 1 | | | | | | |
| MGP - MO | XG | 1 | Mini Hops - MN | XG | 1 | | | | | | |
| North Shore - WI | XG | 6 | MWT Oak Creek - WI | XG | 1 | | | | | | |
| Northern Twistars-MN | XG | 1 | Ozark Mountain - MO | XG | 3 | | | | | | |
| OlympiaManchester-MO | XG | 1 | Racine - WI | XG | 3 | | | | | | |
| Planet - MO | XG | 3 | Rising Stars - MN | XG | 1 | | | | | | |
| Platinum - IA | XG | 1 | ShootForTheStars-MO | XG | 2 | | | | | | |
| TCT - MN | XG | 1 | Team Flip - IA | XG | 6 | | | | | | |
| Twisters - IA | XG | 2 | TNT - WI | XG | 1 | | | | | | |
| Wings - SD | XG | 1 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

Saturday, April 30, 2022

Gold Jr D

Session: B07

Gymnasts 78

Open Warmup 3:00 PM

Timed Warmup 3:15 PM

March In 3:15 PM

Awards 5:45 PM

| Flight A (39 gymnasts) | | | Flight B (39 gymnasts) | | |
|------------------------|-------|------------|------------------------|-------|------------|
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| AAAG - IA | XG | 1 | All America AAGA-SD | XG | 1 |
| Acro Stars - ND | XG | 1 | Authority - MO | XG | 4 |
| Air Force - WI | XG | 2 | Chows - IA | XG | 2 |
| All American AAG- MO | XG | 2 | Flipz USA - MO | XG | 2 |
| Altius - WI | XG | 2 | GK Blaze - IA | XG | 1 |
| Classic Savage - MN | XG | 1 | Gleasons Eagan- MN | XG | 1 |
| Elite - MN | XG | 1 | Gymfinity - WI | XG | 1 |
| Flex - WI | XG | 1 | Iowa Gym-Nest - IA | XG | 1 |
| ICON Staceys - MO | XG | 1 | Jam Hops - MN | XG | 2 |
| Mankato - MN | XG | 1 | Kansas City - MO | XG | 1 |
| Olympia Rock Hill-MO | XG | 1 | Lake City - WI | XG | 2 |
| OlympiaEllisville-MO | XG | 2 | Mini Hops - MN | XG | 3 |
| Omaha - NE | XG | 1 | MWT Oak Creek - WI | XG | 1 |
| Perpetual Blaine-MN | XG | 1 | North Crest - MN | XG | 2 |
| Power And Grace - SD | XG | 2 | North Shore - WI | XG | 2 |
| Revolution - MN | XG | 2 | Northern Twistars-MN | XG | 1 |
| Salto - WI | XG | 1 | Perpetual - MN | XG | 1 |
| Salute Gym - IA | XG | 2 | Platinum - IA | XG | 1 |
| Sapphire - IA | XG | 5 | Racine - WI | XG | 3 |
| Somersaults - IA | XG | 2 | Rebel - ND | XG | 1 |
| Starz - WI | XG | 1 | Red River Valley- ND | XG | 1 |
| Triad - IA | XG | 1 | Spirit- MN | XG | 1 |
| Twisters - IA | XG | 4 | Stoughton WI | XG | 1 |
| Wautoma- WI | XG | 1 | TCT - MN | XG | 2 |
| | | | Team Central - MO | XG | 1 |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 | | | Session: B08 | | | Open Warmup 6:30 PM | | | March In 6:45 PM | | |
|--------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Gold Sr B | | | # Gymnasts 78 | | | Timed Warmup 6:45 PM | | | Awards 9:15 PM | | |
| Flight A (40 gymnasts) | | | | | | Flight B (38 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Acro Stars - ND | XG | 1 | All American AAG- MO | XG | 2 | | | | | | |
| Air Force - WI | XG | 3 | Flyaways - MN | XG | 1 | | | | | | |
| Altius - WI | XG | 1 | Gleasons Eagan- MN | XG | 2 | | | | | | |
| Authority - MO | XG | 1 | IGM - MN | XG | 3 | | | | | | |
| Chows - IA | XG | 1 | Infinite - WI | XG | 1 | | | | | | |
| Classic Savage - MN | XG | 3 | Jam Hops - MN | XG | 3 | | | | | | |
| Fremont Y - NE | XG | 1 | Jump Around - WI | XG | 1 | | | | | | |
| Gymfinity - WI | XG | 1 | LaFleur's - WI | XG | 3 | | | | | | |
| Iowa Gym-Nest - IA | XG | 1 | Lake City - WI | XG | 1 | | | | | | |
| MGP - MO | XG | 1 | Laketown - MN | XG | 2 | | | | | | |
| North Shore - WI | XG | 1 | MEGA St. Joe - MO | XG | 1 | | | | | | |
| Northern Twisters-MN | XG | 2 | MetroStarsPapio-NE | XG | 1 | | | | | | |
| Ozark Mountian - MO | XG | 3 | Mini Hops - MN | XG | 1 | | | | | | |
| Premier - NE | XG | 2 | MWT Oak Creek - WI | XG | 1 | | | | | | |
| Red River Valley- ND | XG | 1 | North Shore - MN | XG | 1 | | | | | | |
| Ruby - IA | XG | 1 | OlympiaManchester-MO | XG | 1 | | | | | | |
| Spirit- MN | XG | 1 | Omaha - NE | XG | 1 | | | | | | |
| St. Louis Gym - MO | XG | 2 | Perpetual Blaine-MN | XG | 2 | | | | | | |
| Starz - WI | XG | 1 | Racine - WI | XG | 1 | | | | | | |
| Swiss - WI | XG | 1 | Salto - WI | XG | 1 | | | | | | |
| TCT - MN | XG | 5 | Salute Gym - IA | XG | 1 | | | | | | |
| Team Central - MO | XG | 1 | Sapphire - IA | XG | 2 | | | | | | |
| TNT - ND | XG | 2 | Tri County - WI | XG | 3 | | | | | | |
| Triniti- NE | XG | 2 | Xtreme - MO | XG | 2 | | | | | | |
| Twisters - IA | XG | 1 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 | | | Session: B09 | | | Open Warmup 8:00 AM | | | March In 8:15 AM | | |
|------------------------|-------|------------|---------------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Gold Ch D | | | # Gymnasts 77 | | | Timed Warmup 8:15 AM | | | Awards 10:45 AM | | |
| Flight A (39 gymnasts) | | | | | | Flight B (38 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Altius - WI | XG | 7 | All America AAGA-SD | XG | 1 | All American AAG- MO | XG | 1 | | | |
| Arising Stars - MO | XG | 1 | Badger - WI | XG | 2 | Capital - WI | XG | 1 | | | |
| Badlands BGC - ND | XG | 1 | Flex - WI | XG | 1 | Fremont Y - NE | XG | 2 | | | |
| Cedar Valley - IA | XG | 1 | Gleasons Eagan- MN | XG | 3 | ICON Staceys - MO | XG | 1 | | | |
| Chows - IA | XG | 2 | KAATS - MN | XG | 2 | Madtown - WI | XG | 2 | | | |
| Classic - MN | XG | 3 | MetroStarsPapio-NE | XG | 1 | MGP - MO | XG | 2 | | | |
| Dells - WI | XG | 1 | North Branch ACE-MN | XG | 1 | OlympiaManchester-MO | XG | 1 | | | |
| Fitnastics (MV) - IA | XG | 2 | Racine - WI | XG | 1 | Revolution - MN | XG | 1 | | | |
| Flips - MN | XG | 1 | Salto - WI | XG | 1 | Sapphire - IA | XG | 1 | | | |
| Flyaways - MN | XG | 1 | ShootForTheStars-MO | XG | 1 | Somersaults - IA | XG | 2 | | | |
| Iowa Gym-Nest - IA | XG | 1 | St. Louis Gym - MO | XG | 1 | Swiss - WI | XG | 1 | | | |
| Jump Around - WI | XG | 2 | TCT - MN | XG | 3 | Team Central - MO | XG | 1 | | | |
| Kansas City - MO | XG | 1 | Triad - IA | XG | 1 | Twisters - IA | XG | 2 | | | |
| Missouri Elite - MO | XG | 2 | Wings - SD | XG | 1 | | | | | | |
| No Boundaries - MN | XG | 1 | | | | | | | | | |
| North Shore - WI | XG | 1 | | | | | | | | | |
| OlympiaEllisville-MO | XG | 2 | | | | | | | | | |
| Perpetual Blaine-MN | XG | 2 | | | | | | | | | |
| Platinum - IA | XG | 1 | | | | | | | | | |
| Power And Grace - SD | XG | 1 | | | | | | | | | |
| Prairie Fire - IA | XG | 1 | | | | | | | | | |
| Rising Stars - MN | XG | 1 | | | | | | | | | |
| Synergy - IA | XG | 1 | | | | | | | | | |
| Team Flip - IA | XG | 1 | | | | | | | | | |
| WCGC - WI | XG | 1 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 | | | Session: B10 | | | Open Warmup 11:30 AM | | | March In 11:45 AM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|-------------------|-------|------------|
| Gold Ch B | | | # Gymnasts 78 | | | Timed Warmup 11:45 AM | | | Awards 2:15 PM | | |
| Flight A (40 gymnasts) | | | | | | Flight B (38 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| All American AAG- MO | XG | 1 | AAAG - IA | XG | 4 | All America AAGA-SD | XG | 1 | | | |
| Arising Stars - MO | XG | 3 | Altius - WI | XG | 5 | Elite - MN | XG | 1 | | | |
| Authority - MO | XG | 2 | Fitnastics (MV) - IA | XG | 1 | Flex - WI | XG | 2 | | | |
| Badlands BGC - ND | XG | 1 | Flipz USA - MO | XG | 1 | Infinite Starz - IA | XG | 1 | | | |
| Capital - WI | XG | 2 | Jump Around - WI | XG | 1 | Madtown - WI | XG | 1 | | | |
| Chows - IA | XG | 1 | MEGA St. Joe - MO | XG | 1 | MWT Oak Creek - WI | XG | 2 | | | |
| Classic - MN | XG | 1 | North Shore - WI | XG | 6 | Planet - MO | XG | 1 | | | |
| Edge Riverside - MO | XG | 1 | Platinum - IA | XG | 2 | Premier - NE | XG | 1 | | | |
| Gleasons Eagan- MN | XG | 1 | Ruby - IA | XG | 1 | Sapphire - IA | XG | 1 | | | |
| Gold Medal - MO | XG | 4 | ShootForTheStars-MO | XG | 1 | Starz - WI | XG | 1 | | | |
| Kansas City - MO | XG | 1 | Triad - IA | XG | 1 | Twisters - IA | XG | 2 | | | |
| LaFleur's - WI | XG | 1 | | | | | | | | | |
| Laketown - MN | XG | 2 | | | | | | | | | |
| North Branch ACE-MN | XG | 1 | | | | | | | | | |
| North Shore - MN | XG | 1 | | | | | | | | | |
| Northern Lights - ND | XG | 1 | | | | | | | | | |
| Northern Twisters-MN | XG | 2 | | | | | | | | | |
| Olympia Festus - MO | XG | 2 | | | | | | | | | |
| Olympia Rock Hill-MO | XG | 1 | | | | | | | | | |
| Omaha - NE | XG | 2 | | | | | | | | | |
| Racine - WI | XG | 1 | | | | | | | | | |
| Salute Gym - IA | XG | 1 | | | | | | | | | |
| Somersaults - IA | XG | 1 | | | | | | | | | |
| TCT - MN | XG | 2 | | | | | | | | | |
| TNT - WI | XG | 1 | | | | | | | | | |
| WCGC - WI | XG | 1 | | | | | | | | | |
| Wings - SD | XG | 2 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 Gold Jr A | | | Session: B11 # Gymnasts 77 | Open Warmup 3:00 PM Timed Warmup 3:15 PM | March In 3:15 PM Awards 5:45 PM | | |
|----------------------------------|-------|------------|-------------------------------|---|------------------------------------|------------|--|
| Flight A (38 gymnasts) | | | | Flight B (39 gymnasts) | | | |
| Gym | Level | # Gymnasts | | Gym | Level | # Gymnasts | |
| Air Force - WI | XG | 3 | | Carousel - WI | XG | 1 | |
| Altius - WI | XG | 2 | | Classic Savage - MN | XG | 1 | |
| Arising Stars - MO | XG | 1 | | Emerge - IA | XG | 1 | |
| Authority - MO | XG | 2 | | Fitnastics (MV) - IA | XG | 1 | |
| Black Hawk BHG - IA | XG | 1 | | Flex - WI | XG | 3 | |
| Chows - IA | XG | 1 | | Flipz USA - MO | XG | 2 | |
| Classic - MN | XG | 2 | | Gleasons Eagan- MN | XG | 3 | |
| Jam Hops - MN | XG | 1 | | Gold Medal - MO | XG | 2 | |
| Jump Around - WI | XG | 1 | | KAATS - MN | XG | 1 | |
| M & M - WI | XG | 1 | | Laketown - MN | XG | 1 | |
| Mini Hops - MN | XG | 4 | | Madtown - WI | XG | 1 | |
| Northern Twistars-MN | XG | 1 | | MWT Oak Creek - WI | XG | 1 | |
| OlympiaManchester-MO | XG | 1 | | North Shore - MN | XG | 1 | |
| Perpetual - MN | XG | 4 | | Omaha - NE | XG | 1 | |
| Perpetual Blaine-MN | XG | 4 | | Ozark Mountian - MO | XG | 1 | |
| Red River Valley- ND | XG | 1 | | Power And Grace - SD | XG | 2 | |
| Rising Stars - MN | XG | 1 | | Revolution - MN | XG | 2 | |
| ShootForTheStars-MO | XG | 2 | | Scamps BGCK - WI | XG | 1 | |
| Starz - WI | XG | 1 | | St. Louis Gym - MO | XG | 1 | |
| Synergy - IA | XG | 2 | | TCT - MN | XG | 5 | |
| Team Flip - IA | XG | 1 | | TNT - ND | XG | 3 | |
| Wautoma- WI | XG | 1 | | Triad - IA | XG | 1 | |
| | | | | WCGC - WI | XG | 3 | |

| Friday, April 29, 2022 Diamond Jr | | | Session: P01 # Gymnasts 60 | Open Warmup 8:00 AM Timed Warmup 8:15 AM | March In 8:15 AM Awards 10:30 AM | | |
|--------------------------------------|-------|------------|-------------------------------|---|-------------------------------------|------------|--|
| Flight A (31 gymnasts) | | | | Flight B (29 gymnasts) | | | |
| Gym | Level | # Gymnasts | | Gym | Level | # Gymnasts | |
| Carousel - WI | XD | 1 | | Altius - WI | XD | 2 | |
| Cedar Valley - IA | XD | 1 | | Authority - MO | XD | 1 | |
| Flyaways - MN | XD | 1 | | Chows - IA | XD | 4 | |
| GAGE - MO | XD | 1 | | Classic - MN | XD | 3 | |
| Gleasons Eagan- MN | XD | 1 | | Omaha - NE | XD | 3 | |
| Gymfinity - WI | XD | 1 | | Perpetual - MN | XD | 2 | |
| IGM - MN | XD | 1 | | Premier - NE | XD | 1 | |
| Jam Hops AR - MN | XD | 1 | | Racine - WI | XD | 1 | |
| Lake City - WI | XD | 1 | | Revolution - MN | XD | 1 | |
| Legacy - MN | XD | 6 | | Salto - WI | XD | 2 | |
| Mini Hops - MN | XD | 2 | | Salute Gym - IA | XD | 1 | |
| North Shore - WI | XD | 3 | | ShootForTheStars-MO | XD | 1 | |
| St. Louis Gym - MO | XD | 4 | | Spirit- MN | XD | 2 | |
| TCT - MN | XD | 2 | | Springfield - MO | XD | 2 | |
| TNT - ND | XD | 1 | | TAGS Eden Praire- MN | XD | 2 | |
| Twisters - IA | XD | 4 | | TNT - WI | XD | 1 | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Friday, April 29, 2022 Diamond Sr | | | Session: P02 # Gymnasts 60 | Open Warmup 11:15 AM Timed Warmup 11:30 AM | March In 11:30 AM Awards 1:45 PM |
|--------------------------------------|-------|------------|-------------------------------|---|-------------------------------------|
| Flight A (28 gymnasts) | | | Flight B (32 gymnasts) | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Altius - WI | XD | 1 | Bemidji Aerials - MN | XD | 1 |
| Classic - MN | XD | 2 | Chows - IA | XD | 1 |
| Emerge - IA | XD | 1 | Dynamics - MN | XD | 2 |
| Flex - WI | XD | 2 | Flips - MN | XD | 2 |
| Gold Medal - MO | XD | 1 | GAGE - MO | XD | 1 |
| IGM - MN | XD | 1 | Iowa Gym-Nest - IA | XD | 1 |
| Jam Hops AR - MN | XD | 2 | MEGA - SD | XD | 1 |
| JETS - MN | XD | 1 | Mini Hops - MN | XD | 5 |
| Lake City - WI | XD | 1 | Perpetual - MN | XD | 2 |
| Mankato - MN | XD | 1 | St. Louis Gym - MO | XD | 1 |
| MWT Oak Creek - WI | XD | 2 | TAGS Eden Praire- MN | XD | 3 |
| North Shore - MN | XD | 4 | TCT - MN | XD | 10 |
| North Shore - WI | XD | 1 | TNT - ND | XD | 1 |
| Premier - NE | XD | 2 | Twisters - IA | XD | 1 |
| Somersaults - IA | XD | 1 | | | |
| Spirit- MN | XD | 3 | | | |
| Xtreme - MO | XD | 2 | | | |

| Friday, April 29, 2022 Diamond Ch | | | Session: P03 # Gymnasts 61 | Open Warmup 2:30 PM Timed Warmup 2:45 PM | March In 2:45 PM Awards 5:00 PM |
|--------------------------------------|-------|------------|-------------------------------|---|------------------------------------|
| Flight A (31 gymnasts) | | | Flight B (30 gymnasts) | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Altius - WI | XD | 2 | AAAG - IA | XD | 4 |
| Classic Savage - MN | XD | 1 | Chows - IA | XD | 2 |
| Dave's - MO | XD | 1 | Classic - MN | XD | 2 |
| Emerge - IA | XD | 2 | Dynamics - MN | XD | 1 |
| Flyaways North - MN | XD | 1 | Flips - MN | XD | 2 |
| GAGE - MO | XD | 3 | Gold Medal - MO | XD | 1 |
| Gleasons Eagan- MN | XD | 1 | Lake City - WI | XD | 1 |
| Legacy - MN | XD | 3 | Madtown - WI | XD | 1 |
| North Shore - WI | XD | 1 | Midwest - MN | XD | 2 |
| Salto - WI | XD | 2 | Perpetual - MN | XD | 2 |
| ShootForTheStars-MO | XD | 2 | Premier - NE | XD | 2 |
| Springfield - MO | XD | 5 | Spirit- MN | XD | 1 |
| St. Louis Gym - MO | XD | 2 | TCT - MN | XD | 4 |
| TAGS Eden Praire- MN | XD | 1 | TNT - WI | XD | 4 |
| Triad - IA | XD | 3 | WCGC - WI | XD | 1 |
| Twisters - IA | XD | 1 | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Friday, April 29, 2022 | | | Session: P04 | | | Open Warmup 5:45 PM | | | March In 6:00 PM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|------------------|-------|------------|
| Platinum Sr B | | | # Gymnasts 66 | | | Timed Warmup 6:00 PM | | | Awards 8:30 PM | | |
| Flight A (32 gymnasts) | | | | | | Flight B (34 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Air Force - WI | XP | 2 | AAAG - IA | XP | 2 | | | | | | |
| Authority - MO | XP | 1 | Altius - WI | XP | 2 | | | | | | |
| GK Blaze - IA | XP | 1 | Chows - IA | XP | 2 | | | | | | |
| Gymfinity - WI | XP | 1 | Edge Riverside - MO | XP | 1 | | | | | | |
| Jam Hops - MN | XP | 1 | Elite - MN | XP | 1 | | | | | | |
| JETS - MN | XP | 1 | Flips - MN | XP | 1 | | | | | | |
| Mini Hops - MN | XP | 2 | Flipz USA - MO | XP | 1 | | | | | | |
| Missouri Elite - MO | XP | 1 | GT Performance - MO | XP | 1 | | | | | | |
| Ozark Mountian - MO | XP | 2 | Jam Hops AR - MN | XP | 3 | | | | | | |
| Perpetual - MN | XP | 3 | M & M - WI | XP | 1 | | | | | | |
| Premier - NE | XP | 2 | MetroStarsPapio-NE | XP | 1 | | | | | | |
| Salto - WI | XP | 2 | MWT Oak Creek - WI | XP | 1 | | | | | | |
| St. Louis Gym - MO | XP | 2 | North Shore - WI | XP | 2 | | | | | | |
| TAGS Eden Praire- MN | XP | 1 | Northwest - MN | XP | 1 | | | | | | |
| TCT - MN | XP | 7 | Omaha - NE | XP | 3 | | | | | | |
| TNT - WI | XP | 1 | Power And Grace - SD | XP | 2 | | | | | | |
| Triniti- NE | XP | 1 | Salute Gym - IA | XP | 3 | | | | | | |
| Wautoma- WI | XP | 1 | Sapphire - IA | XP | 1 | | | | | | |
| | | | Starz - WI | XP | 1 | | | | | | |
| | | | Swiss - WI | XP | 1 | | | | | | |
| | | | Team Central - MO | XP | 2 | | | | | | |
| | | | Xtreme - MO | XP | 1 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 Platinum Ch C | | | Session: P05 # Gymnasts 66 | | | Open Warmup 8:00 AM Timed Warmup 8:15 AM | | | March In 8:15 AM Awards 10:45 AM | | |
|---|-------|------------|-------------------------------|-------|------------|---|--|--|-------------------------------------|--|--|
| Flight A (33 gymnasts) | | | Flight B (33 gymnasts) | | | | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | | | | | | |
| AAAG - IA | XP | 2 | All America AAGA-SD | XP | 1 | | | | | | |
| Air Force - WI | XP | 1 | Bemidji Aerials - MN | XP | 1 | | | | | | |
| Altius - WI | XP | 3 | Chows - IA | XP | 4 | | | | | | |
| Arising Stars - MO | XP | 1 | Dynamics - MN | XP | 1 | | | | | | |
| Dells - WI | XP | 1 | Elite - MN | XP | 5 | | | | | | |
| Flyaways - MN | XP | 2 | Emerge - IA | XP | 1 | | | | | | |
| Flyaways North - MN | XP | 1 | Flipz USA - MO | XP | 1 | | | | | | |
| GAGE - MO | XP | 1 | GK Blaze - IA | XP | 1 | | | | | | |
| Gleasons Eagan- MN | XP | 1 | Gym-Nation - MN | XP | 2 | | | | | | |
| Jump Around - WI | XP | 1 | ICON Staceys - MO | XP | 1 | | | | | | |
| Legacy - MN | XP | 7 | Mankato - MN | XP | 1 | | | | | | |
| MetroStarsPapio-NE | XP | 1 | Revolution - MN | XP | 2 | | | | | | |
| Midwest - MN | XP | 2 | Salto - WI | XP | 1 | | | | | | |
| Northern Twistars-MN | XP | 1 | Salute Gym - IA | XP | 1 | | | | | | |
| Omaha - NE | XP | 1 | Show Me - MO | XP | 1 | | | | | | |
| Rising Stars - MN | XP | 1 | TAGS South - MN | XP | 1 | | | | | | |
| Sapphire - IA | XP | 2 | TCT - MN | XP | 3 | | | | | | |
| St. Louis Gym - MO | XP | 2 | Team Flip - IA | XP | 1 | | | | | | |
| Wautoma- WI | XP | 1 | TNT - ND | XP | 1 | | | | | | |
| Wings - SD | XP | 1 | Triad - IA | XP | 2 | | | | | | |
| | | | Western Edge - ND | XP | 1 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

Saturday, April 30, 2022 **Session: P06** **Open Warmup 11:30 AM** **March In 11:45 AM**
Platinum Jr B **# Gymnasts 66** **Timed Warmup 11:45 AM** **Awards 2:15 PM**

| Flight A (33 gymnasts) | | | Flight B (33 gymnasts) | | |
|------------------------|-------|------------|------------------------|-------|------------|
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Air Force - WI | XP | 1 | Altius - WI | XP | 1 |
| Badger - WI | XP | 1 | Authority - MO | XP | 1 |
| Classic Savage - MN | XP | 1 | Carousel - WI | XP | 1 |
| Fitnastics (MV) - IA | XP | 2 | Classic - MN | XP | 4 |
| Flipz USA - MO | XP | 1 | Flips - MN | XP | 1 |
| Flyaways North - MN | XP | 1 | Gym-Nation - MN | XP | 1 |
| Fremont Y - NE | XP | 1 | IGM - MN | XP | 2 |
| GK Blaze - IA | XP | 2 | Jam Hops - MN | XP | 2 |
| Gleasons Eagan- MN | XP | 1 | Legacy - MN | XP | 1 |
| Gymfinity - WI | XP | 3 | Mini Hops - MN | XP | 1 |
| Jam Hops AR - MN | XP | 2 | North Shore - MN | XP | 1 |
| Lake City - WI | XP | 2 | Northern Twistars-MN | XP | 4 |
| M & M - WI | XP | 1 | Olympia Festus - MO | XP | 1 |
| North Crest - MN | XP | 2 | OlympiaEllisville-MO | XP | 1 |
| OlympiaManchester-MO | XP | 1 | Platinum - IA | XP | 1 |
| Ozark Mountian - MO | XP | 1 | Synergy - IA | XP | 2 |
| Racine - WI | XP | 1 | TAGS Eden Praire- MN | XP | 1 |
| Salto - WI | XP | 2 | TAGS South - MN | XP | 2 |
| Sapphire - IA | XP | 2 | TCT - MN | XP | 4 |
| Swiss - WI | XP | 1 | Team Central - MO | XP | 1 |
| Team UP - WI | XP | 1 | | | |
| Triad - IA | XP | 2 | | | |
| Twisters - IA | XP | 1 | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 | | | Session: P07 | | | Open Warmup 3:00 PM | | | March In 3:15 PM | | |
|--------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|----------------------|-------|------------|
| Platinum Ch A | | | # Gymnasts 65 | | | Timed Warmup 3:15 PM | | | Awards 5:45 PM | | |
| Flight A (33 gymnasts) | | | | | | Flight B (32 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Arising Stars - MO | XP | 1 | AAAG - IA | XP | 6 | Air Force - WI | XP | 1 | Altius - WI | XP | 3 |
| Badger - WI | XP | 1 | Chows - IA | XP | 1 | Flyaways North - MN | XP | 1 | Gleasons Eagan- MN | XP | 3 |
| Bemidji Aerials - MN | XP | 1 | Planet - MO | XP | 7 | Legacy - MN | XP | 2 | Red River Valley- ND | XP | 1 |
| Dynamic Flights - MN | XP | 1 | Platinum - IA | XP | 2 | St. Louis Gym - MO | XP | 1 | Team Flip - IA | XP | 2 |
| Elite - MN | XP | 1 | Red River Valley- ND | XP | 1 | WCGC - WI | XP | 1 | Wings - SD | XP | 1 |
| Flipz USA - MO | XP | 1 | St. Louis Gym - MO | XP | 1 | | | | | | |
| GAGE - MO | XP | 3 | Team Flip - IA | XP | 2 | | | | | | |
| Gold Medal - MO | XP | 2 | WCGC - WI | XP | 1 | | | | | | |
| Iowa Gym-Nest - IA | XP | 2 | Wings - SD | XP | 1 | | | | | | |
| Jump Around - WI | XP | 1 | | | | | | | | | |
| Kansas City - MO | XP | 2 | | | | | | | | | |
| North Shore - WI | XP | 1 | | | | | | | | | |
| Omaha - NE | XP | 1 | | | | | | | | | |
| Premier - NE | XP | 1 | | | | | | | | | |
| Rising Stars - MN | XP | 3 | | | | | | | | | |
| Scamps BGCK - WI | XP | 1 | | | | | | | | | |
| Somersaults - IA | XP | 1 | | | | | | | | | |
| Springfield - MO | XP | 4 | | | | | | | | | |
| TNT - WI | XP | 2 | | | | | | | | | |
| Twisters - IA | XP | 3 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 | | | Session: P08 | | | Open Warmup 6:30 PM | | | March In 6:45 PM | | |
|--------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|----------------------|-------|------------|
| Platinum Jr C | | | # Gymnasts 66 | | | Timed Warmup 6:45 PM | | | Awards 9:15 PM | | |
| Flight A (33 gymnasts) | | | | | | Flight B (33 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Authority - MO | XP | 1 | AAAG - IA | XP | 1 | Air Force - WI | XP | 3 | Badger - WI | XP | 1 |
| Dave's - MO | XP | 1 | Chows - IA | XP | 3 | Classic - MN | XP | 1 | Classic Savage - MN | XP | 1 |
| Edge Riverside - MO | XP | 1 | Classic Savage - MN | XP | 1 | Dynamics - MN | XP | 1 | GAGE - MO | XP | 1 |
| Flex - WI | XP | 1 | Dynamics - MN | XP | 1 | Gymfinity - WI | XP | 2 | Gym-Nation - MN | XP | 1 |
| Flipz USA - MO | XP | 1 | GAGE - MO | XP | 1 | Legacy - MN | XP | 2 | North Crest - MN | XP | 1 |
| GK Blaze - IA | XP | 1 | Gymfinity - WI | XP | 2 | North Shore - WI | XP | 1 | North Shore - WI | XP | 1 |
| Gold Medal - MO | XP | 1 | Gym-Nation - MN | XP | 1 | Northern Twistars-MN | XP | 1 | Perpetual - MN | XP | 1 |
| ICON Staceys - MO | XP | 1 | Legacy - MN | XP | 2 | Premier - NE | XP | 2 | Rising Stars - MN | XP | 1 |
| IGM - MN | XP | 3 | North Crest - MN | XP | 1 | Salute Gym - IA | XP | 1 | TAGS Eden Praire- MN | XP | 3 |
| Lake City - WI | XP | 1 | North Shore - WI | XP | 1 | TAGS Eden Praire- MN | XP | 3 | TCT - MN | XP | 3 |
| Laketown - MN | XP | 1 | Northern Twistars-MN | XP | 1 | TCT - MN | XP | 3 | Twin Ports - WI | XP | 2 |
| No Boundaries - MN | XP | 1 | Perpetual - MN | XP | 1 | Twin Ports - WI | XP | 2 | | | |
| North Shore - MN | XP | 3 | Premier - NE | XP | 2 | | | | | | |
| OlympiaEllisville-MO | XP | 1 | Rising Stars - MN | XP | 1 | | | | | | |
| OlympiaManchester-MO | XP | 1 | Salute Gym - IA | XP | 1 | | | | | | |
| Revolution - MN | XP | 1 | TAGS Eden Praire- MN | XP | 3 | | | | | | |
| Scamps BGCK - WI | XP | 1 | TCT - MN | XP | 3 | | | | | | |
| Show Me - MO | XP | 3 | Twin Ports - WI | XP | 2 | | | | | | |
| Somersaults - IA | XP | 1 | | | | | | | | | |
| Starz - WI | XP | 2 | | | | | | | | | |
| Stoughton WI | XP | 2 | | | | | | | | | |
| Triad - IA | XP | 2 | | | | | | | | | |
| Twisters - IA | XP | 2 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 | | | Session: P09 | | | Open Warmup 8:00 AM | | | March In 8:15 AM | | |
|------------------------|-------|------------|--------------------|-------|------------|------------------------|-------|------------|----------------------|-------|------------|
| Platinum Ch B | | | # Gymnasts 65 | | | Timed Warmup 8:15 AM | | | Awards 10:45 AM | | |
| Flight A (33 gymnasts) | | | | | | Flight B (32 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Dave's - MO | XP | 1 | AAAG - IA | XP | 2 | AGA American - MO | XP | 3 | Altius - WI | XP | 1 |
| Elite - MN | XP | 3 | Chows - IA | XP | 3 | Classic - MN | XP | 3 | Dynamic Flights - MN | XP | 1 |
| Flips - MN | XP | 1 | Gym-Nation - MN | XP | 1 | Flyaways North - MN | XP | 2 | GAGE - MO | XP | 1 |
| Flipz USA - MO | XP | 2 | ICON Staceys - MO | XP | 2 | Gleasons Eagan- MN | XP | 1 | Jam Hops AR - MN | XP | 1 |
| Gym-Nation - MN | XP | 1 | Jump Around - WI | XP | 1 | Kansas City - MO | XP | 1 | LaFleur's - WI | XP | 1 |
| Legacy - MN | XP | 2 | Madtown - WI | XP | 2 | Mankato - MN | XP | 1 | Northern Twistars-MN | XP | 2 |
| MEGA St. Joe - MO | XP | 1 | MetroStarsPapio-NE | XP | 2 | Omaha - NE | XP | 1 | Planet - MO | XP | 1 |
| MWT Oak Creek - WI | XP | 2 | Premier - NE | XP | 1 | Sapphire - IA | XP | 1 | St. Louis Gym - MO | XP | 1 |
| Red River Valley- ND | XP | 1 | Revolution - MN | XP | 2 | Synergy - IA | XP | 2 | Western Edge - ND | XP | 1 |
| Rising Stars - MN | XP | 1 | Scamps BGCK - WI | XP | 1 | Xtreme - MO | XP | 2 | | | |
| Show Me - MO | XP | 1 | Stoughton WI | XP | 1 | | | | | | |
| TCT - MN | XP | 1 | Twisters - IA | XP | 3 | | | | | | |
| WCGC - WI | XP | 1 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 Platinum Jr A | | | Session: P10 # Gymnasts 66 | Open Warmup 11:30 AM Timed Warmup 11:45 AM | March In 11:45 AM Awards 2:15 PM | | |
|--------------------------------------|-------|------------|-------------------------------|---|-------------------------------------|------------|--|
| Flight A (34 gymnasts) | | | | Flight B (32 gymnasts) | | | |
| Gym | Level | # Gymnasts | | Gym | Level | # Gymnasts | |
| AAAG - IA | XP | 1 | | Air Force - WI | XP | 1 | |
| AGA American - MO | XP | 1 | | Authority - MO | XP | 1 | |
| All American AAG- MO | XP | 1 | | Chows - IA | XP | 1 | |
| Altius - WI | XP | 2 | | Dells - WI | XP | 1 | |
| Arising Stars - MO | XP | 1 | | Elite - MN | XP | 2 | |
| Badger - WI | XP | 1 | | Emerge - IA | XP | 1 | |
| Bemidji Aerials - MN | XP | 2 | | Flips - MN | XP | 1 | |
| Flex - WI | XP | 1 | | Gold Medal - MO | XP | 1 | |
| GAGE - MO | XP | 1 | | ICON Staceys - MO | XP | 1 | |
| Gymfinity - WI | XP | 2 | | Legacy - MN | XP | 1 | |
| IGM - MN | XP | 1 | | MEGA St. Joe - MO | XP | 1 | |
| In Motion - IA | XP | 1 | | MetroStarsPapio-NE | XP | 2 | |
| Iowa Gym-Nest - IA | XP | 1 | | Midwest - MN | XP | 2 | |
| Jam Hops - MN | XP | 2 | | OlympiaManchester-MO | XP | 2 | |
| Jump Around - WI | XP | 2 | | Power And Grace - SD | XP | 1 | |
| Mini Hops - MN | XP | 1 | | Revolution - MN | XP | 2 | |
| Omaha - NE | XP | 2 | | Sapphire - IA | XP | 2 | |
| Perpetual - MN | XP | 2 | | Scamps BGCK - WI | XP | 2 | |
| Salto - WI | XP | 1 | | TAGS Eden Praire- MN | XP | 1 | |
| Skymax - MO | XP | 2 | | TAGS South - MN | XP | 1 | |
| Somersaults - IA | XP | 1 | | Team Central - MO | XP | 2 | |
| St. Louis Gym - MO | XP | 2 | | TNT - ND | XP | 2 | |
| Starz - WI | XP | 1 | | WCGC - WI | XP | 1 | |
| Stoughton WI | XP | 1 | | | | | |
| Swiss - WI | XP | 1 | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 | | | Session: P11 | | | Open Warmup 3:00 PM | | | March In 3:15 PM | | |
|------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|----------------------|-------|------------|
| Platinum Sr A | | | # Gymnasts 66 | | | Timed Warmup 3:15 PM | | | Awards 5:45 PM | | |
| Flight A (33 gymnasts) | | | | | | Flight B (33 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Air Force - WI | XP | 1 | AAAG - IA | XP | 1 | Badger - WI | XP | 1 | Classic - MN | XP | 3 |
| Altius - WI | XP | 1 | Classic Savage - MN | XP | 3 | Classic - MN | XP | 3 | Dynamics - MN | XP | 1 |
| Bemidji Aerials - MN | XP | 1 | Dynamics - MN | XP | 1 | Flex - WI | XP | 2 | Gym-Nation - MN | XP | 2 |
| Dave's - MO | XP | 1 | Flex - WI | XP | 2 | In Motion - IA | XP | 1 | JETS - MN | XP | 1 |
| Elite - MN | XP | 2 | Gym-Nation - MN | XP | 2 | Jump Around - WI | XP | 1 | OlympiaManchester-MO | XP | 2 |
| Emerge - IA | XP | 2 | In Motion - IA | XP | 1 | OlympiaManchester-MO | XP | 2 | Perpetual - MN | XP | 2 |
| Fitnastics (MV) - IA | XP | 1 | JETS - MN | XP | 1 | Perpetual - MN | XP | 2 | Platinum - IA | XP | 1 |
| Jam Hops AR - MN | XP | 3 | Jump Around - WI | XP | 1 | Platinum - IA | XP | 1 | Prairie Fire - IA | XP | 1 |
| Legacy - MN | XP | 1 | OlympiaManchester-MO | XP | 2 | Prairie Fire - IA | XP | 1 | Rochester - MN | XP | 1 |
| Madtown - WI | XP | 1 | Perpetual - MN | XP | 2 | Rochester - MN | XP | 1 | Scamps BGCK - WI | XP | 1 |
| Mini Hops - MN | XP | 3 | Platinum - IA | XP | 1 | Scamps BGCK - WI | XP | 1 | St. Louis Gym - MO | XP | 3 |
| Missouri Elite - MO | XP | 1 | Prairie Fire - IA | XP | 1 | St. Louis Gym - MO | XP | 3 | TAGS South - MN | XP | 1 |
| MWT Oak Creek - WI | XP | 1 | Rochester - MN | XP | 1 | TAGS South - MN | XP | 1 | TCT - MN | XP | 3 |
| North Shore - MN | XP | 1 | Scamps BGCK - WI | XP | 1 | TCT - MN | XP | 3 | TNT - ND | XP | 1 |
| North Shore - WI | XP | 1 | St. Louis Gym - MO | XP | 3 | TNT - ND | XP | 1 | Xtreme - MO | XP | 1 |
| Northwest - MN | XP | 1 | TAGS South - MN | XP | 1 | Xtreme - MO | XP | 1 | | | |
| Ozark Mountian - MO | XP | 1 | TCT - MN | XP | 3 | | | | | | |
| Power And Grace - SD | XP | 2 | TNT - ND | XP | 1 | | | | | | |
| Premier - NE | XP | 1 | Xtreme - MO | XP | 1 | | | | | | |
| Show Me - MO | XP | 1 | | | | | | | | | |
| Swiss - WI | XP | 2 | | | | | | | | | |
| Twisters - IA | XP | 3 | | | | | | | | | |
| Wautoma- WI | XP | 1 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

Friday, April 29, 2022
Silver Sr B

Session: T01
Gymnasts 83

Open Warmup 5:45 PM
Timed Warmup 6:00 PM

March In 6:00 PM
Awards 8:15 PM

| Flight A (41 gymnasts) | | | Flight B (42 gymnasts) | | |
|------------------------|-------|------------|------------------------|-------|------------|
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Altius - WI | XS | 1 | All America AAGA-SD | XS | 1 |
| Flex - WI | XS | 2 | Infinite - WI | XS | 2 |
| Fremont Y - NE | XS | 1 | Jump Around - WI | XS | 1 |
| Gold Medal - MO | XS | 1 | Lake City - WI | XS | 3 |
| GT Performance - MO | XS | 2 | Laketown - MN | XS | 1 |
| Gymfinity - WI | XS | 3 | Legacy - NE | XS | 1 |
| LaFleur's - WI | XS | 2 | MetroStarsPapio-NE | XS | 4 |
| M & M - WI | XS | 1 | No Boundaries - MN | XS | 1 |
| Madtown - WI | XS | 2 | North Shore - WI | XS | 2 |
| MetroStarsElkhorn-NE | XS | 2 | Olympia Festus - MO | XS | 1 |
| Northern Lights - ND | XS | 1 | OlympiaManchester-MO | XS | 3 |
| Omaha - NE | XS | 1 | Ozark Mountian - MO | XS | 3 |
| Racine - WI | XS | 3 | Precision - WI | XS | 1 |
| Salute Gym - IA | XS | 1 | Rise - IA | XS | 1 |
| Scamps BGCK - WI | XS | 1 | Salto - WI | XS | 4 |
| Somersaults - IA | XS | 4 | Sapphire - IA | XS | 3 |
| Strive - SD | XS | 2 | Skymax - MO | XS | 1 |
| TCT - MN | XS | 5 | Synergy - IA | XS | 2 |
| TNT - ND | XS | 2 | Team Flip - IA | XS | 2 |
| Triad - IA | XS | 3 | Tri County - WI | XS | 1 |
| Wautoma- WI | XS | 1 | Twin Ports - WI | XS | 2 |
| | | | Twisters - IA | XS | 2 |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 Silver Ch B | | | Session: T02 # Gymnasts 81 | | | Open Warmup 8:30 AM Timed Warmup 8:45 AM | | | March In 8:45 AM Awards 11:00 AM | | |
|---|-------|------------|-------------------------------|-------|------------|---|--|--|-------------------------------------|--|--|
| Flight A (40 gymnasts) | | | Flight B (41 gymnasts) | | | | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | | | | | | |
| Acro Stars - ND | XS | 2 | AAAG - IA | XS | 1 | | | | | | |
| Altius - WI | XS | 5 | American Gold - ND | XS | 1 | | | | | | |
| Fitnastics (MV) - IA | XS | 2 | Capital - WI | XS | 3 | | | | | | |
| Flyaways North - MN | XS | 1 | Dolphin - IA | XS | 1 | | | | | | |
| Gold Medal - MO | XS | 2 | Flex - WI | XS | 2 | | | | | | |
| In Motion - IA | XS | 2 | GT Performance - MO | XS | 1 | | | | | | |
| MEGA St. Joe - MO | XS | 4 | Jump Around - WI | XS | 2 | | | | | | |
| MetroStarsPapio-NE | XS | 1 | LaFleur's - WI | XS | 4 | | | | | | |
| No Boundaries - MN | XS | 1 | M & M - WI | XS | 2 | | | | | | |
| Northern Dreams - MN | XS | 1 | MGP - MO | XS | 1 | | | | | | |
| OlympiaEllisville-MO | XS | 1 | North Shore - WI | XS | 8 | | | | | | |
| Omaha - NE | XS | 3 | Olympia Rock Hill-MO | XS | 2 | | | | | | |
| Salto - WI | XS | 1 | OlympiaManchester-MO | XS | 1 | | | | | | |
| Sapphire - IA | XS | 1 | Racine - WI | XS | 1 | | | | | | |
| ShootForTheStars-MO | XS | 1 | Red River Valley- ND | XS | 1 | | | | | | |
| Skymax - MO | XS | 1 | Rise - IA | XS | 1 | | | | | | |
| Springfield - MO | XS | 3 | Scamps BGCK - WI | XS | 1 | | | | | | |
| Strive - SD | XS | 1 | Somersaults - IA | XS | 1 | | | | | | |
| Synergy - IA | XS | 2 | Team Flip - IA | XS | 4 | | | | | | |
| TCT - MN | XS | 1 | TNT - WI | XS | 1 | | | | | | |
| Team Central - MO | XS | 1 | Tri County - WI | XS | 2 | | | | | | |
| Team UP - WI | XS | 1 | | | | | | | | | |
| Twisters - IA | XS | 2 | | | | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 | | | Session: T03 | | | Open Warmup 11:45 AM | | | March In 12:00 PM | | |
|--------------------------|-------|------------|----------------------|-------|------------|------------------------|-------|------------|---------------------|-------|------------|
| Silver Jr C | | | # Gymnasts 83 | | | Timed Warmup 12:00 PM | | | Awards 2:15 PM | | |
| Flight A (41 gymnasts) | | | | | | Flight B (42 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| All America AAGA-SD | XS | 4 | Badlands BGC - ND | XS | 1 | Capital - WI | XS | 2 | Gymfinity - WI | XS | 1 |
| Altius - WI | XS | 4 | Capital - WI | XS | 2 | In Motion - IA | XS | 1 | Infinite - WI | XS | 1 |
| Arising Stars - MO | XS | 2 | Gymfinity - WI | XS | 1 | Infinite Starz - IA | XS | 1 | Laketown - MN | XS | 1 |
| Fitnastics (MV) - IA | XS | 2 | In Motion - IA | XS | 1 | Legacy - NE | XS | 1 | M & M - WI | XS | 1 |
| Flex - WI | XS | 1 | Infinite - WI | XS | 1 | MetroStarsElkhorn-NE | XS | 2 | MetroStarsPapio-NE | XS | 1 |
| Flyaways North - MN | XS | 1 | Infinite Starz - IA | XS | 1 | MetroStarsPapio-NE | XS | 1 | Olympia Festus - MO | XS | 1 |
| Jump Around - WI | XS | 4 | Laketown - MN | XS | 1 | Olympia Festus - MO | XS | 1 | Omaha - NE | XS | 3 |
| LaFleur's - WI | XS | 1 | Legacy - NE | XS | 1 | Omaha - NE | XS | 3 | Perpetual Blaine-MN | XS | 2 |
| Olympia Rock Hill-MO | XS | 2 | M & M - WI | XS | 1 | Perpetual Blaine-MN | XS | 2 | Racine - WI | XS | 1 |
| OlympiaEllisville-MO | XS | 1 | MetroStarsElkhorn-NE | XS | 2 | Racine - WI | XS | 1 | Rochester - MN | XS | 1 |
| Ozark Mountian - MO | XS | 1 | MetroStarsPapio-NE | XS | 1 | Rochester - MN | XS | 1 | Salto - WI | XS | 1 |
| Platinum - IA | XS | 1 | Olympia Festus - MO | XS | 1 | Salto - WI | XS | 1 | Salute Gym - IA | XS | 1 |
| Precision - WI | XS | 1 | Omaha - NE | XS | 3 | Salute Gym - IA | XS | 1 | Sapphire - IA | XS | 1 |
| Rise - IA | XS | 2 | Perpetual Blaine-MN | XS | 2 | Sapphire - IA | XS | 1 | Scamps BGCK - WI | XS | 2 |
| Ruby - IA | XS | 1 | Racine - WI | XS | 1 | Scamps BGCK - WI | XS | 2 | Stoughton WI | XS | 2 |
| ShootForTheStars-MO | XS | 1 | Rochester - MN | XS | 1 | Stoughton WI | XS | 2 | Team Central - MO | XS | 5 |
| Skymax - MO | XS | 1 | Salto - WI | XS | 1 | Team Central - MO | XS | 5 | TNT - ND | XS | 4 |
| Somersaults - IA | XS | 1 | Salute Gym - IA | XS | 1 | TNT - ND | XS | 4 | Tri County - WI | XS | 1 |
| Swiss - WI | XS | 1 | Sapphire - IA | XS | 1 | Tri County - WI | XS | 1 | Triad - IA | XS | 4 |
| TCT - MN | XS | 5 | Scamps BGCK - WI | XS | 2 | Triad - IA | XS | 4 | | | |
| Twisters - IA | XS | 2 | Stoughton WI | XS | 2 | | | | | | |
| Wautoma- WI | XS | 2 | Team Central - MO | XS | 5 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

Saturday, April 30, 2022
Silver Ch C

Session: T04
Gymnasts 83

Open Warmup 3:00 PM
Timed Warmup 3:15 PM

March In 3:15 PM
Awards 5:30 PM

| Flight A (41 gymnasts) | | | Flight B (42 gymnasts) | | |
|------------------------|-------|------------|------------------------|-------|------------|
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts |
| Altius - WI | XS | 6 | AAAG - IA | XS | 1 |
| Arising Stars - MO | XS | 1 | All America AAGA-SD | XS | 3 |
| Authority - MO | XS | 1 | Gold Medal - MO | XS | 1 |
| Capital - WI | XS | 3 | In Motion - IA | XS | 3 |
| Emerge - IA | XS | 1 | LaFleur's - WI | XS | 2 |
| Infinite Starz - IA | XS | 2 | Lake City - WI | XS | 2 |
| Jump Around - WI | XS | 2 | MGP - MO | XS | 1 |
| M & M - WI | XS | 1 | No Boundaries - MN | XS | 1 |
| Madtown - WI | XS | 1 | North Shore - WI | XS | 4 |
| Mankato - MN | XS | 1 | Olympia Festus - MO | XS | 1 |
| MetroStarsElkhorn-NE | XS | 1 | Omaha - NE | XS | 1 |
| OlympiaEllisville-MO | XS | 1 | Ozark Mountian - MO | XS | 4 |
| Planet - MO | XS | 1 | Platinum - IA | XS | 2 |
| Prairie Fire - IA | XS | 1 | Precision - WI | XS | 2 |
| Rise - IA | XS | 2 | Ruby - IA | XS | 1 |
| Sapphire - IA | XS | 2 | Salute Gym - IA | XS | 2 |
| Springfield - MO | XS | 1 | Somersaults - IA | XS | 1 |
| Strive - SD | XS | 2 | Stoughton WI | XS | 1 |
| Synergy - IA | XS | 2 | Team Central - MO | XS | 4 |
| Twin Ports - WI | XS | 5 | Team Flip - IA | XS | 2 |
| Twisters - IA | XS | 4 | TNT - ND | XS | 1 |
| | | | TNT - WI | XS | 2 |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Saturday, April 30, 2022 Silver Sr A | | | Session: T05 # Gymnasts 83 | Open Warmup 6:15 PM Timed Warmup 6:30 PM | March In 6:30 PM Awards 8:45 PM | | | |
|---|-------|------------|-------------------------------|---|------------------------------------|--|--|--|
| Flight A (41 gymnasts) | | | Flight B (42 gymnasts) | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | | | |
| All America AAGA-SD | XS | 4 | American Gold - ND | XS | 1 | | | |
| Altius - WI | XS | 2 | Arising Stars - MO | XS | 1 | | | |
| Authority - MO | XS | 2 | Fitnastics (MV) - IA | XS | 3 | | | |
| Capital - WI | XS | 2 | GK Blaze - IA | XS | 1 | | | |
| Fremont Y - NE | XS | 2 | Gold Medal - MO | XS | 2 | | | |
| Infinite - WI | XS | 1 | GT Performance - MO | XS | 1 | | | |
| Infinite Starz - IA | XS | 1 | LaFleur's - WI | XS | 1 | | | |
| Jump Around - WI | XS | 2 | Legacy - NE | XS | 1 | | | |
| MetroStarsElkhorn-NE | XS | 1 | Madtown - WI | XS | 2 | | | |
| North Shore - WI | XS | 3 | No Boundaries - MN | XS | 2 | | | |
| Platinum - IA | XS | 2 | Olympia Festus - MO | XS | 1 | | | |
| Racine - WI | XS | 1 | Omaha - NE | XS | 1 | | | |
| Ruby - IA | XS | 2 | Precision - WI | XS | 1 | | | |
| Scamps BGCK - WI | XS | 1 | Rise - IA | XS | 2 | | | |
| Skymax - MO | XS | 1 | Salto - WI | XS | 3 | | | |
| Strive - SD | XS | 1 | Sapphire - IA | XS | 6 | | | |
| Synergy - IA | XS | 4 | ShootForTheStars-MO | XS | 2 | | | |
| TCT - MN | XS | 1 | Somersaults - IA | XS | 1 | | | |
| Team Central - MO | XS | 2 | Stoughton WI | XS | 2 | | | |
| TNT - ND | XS | 3 | Triad - IA | XS | 2 | | | |
| Tri County - WI | XS | 2 | Twisters - IA | XS | 6 | | | |
| Wautoma- WI | XS | 1 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 Silver Jr B | | | Session: T06 # Gymnasts 83 | | | Open Warmup 8:00 AM Timed Warmup 8:15 AM | | | March In 8:15 AM Awards 10:30 AM | | |
|------------------------------------|-------|------------|-------------------------------|-------|------------|---|--|--|-------------------------------------|--|--|
| Flight A (41 gymnasts) | | | Flight B (42 gymnasts) | | | | | | | | |
| Gym | Level | # Gymnasts | Gym | Level | # Gymnasts | | | | | | |
| All America AAGA-SD | XS | 1 | AAAG - IA | XS | 1 | | | | | | |
| Badlands BGC - ND | XS | 1 | Altius - WI | XS | 4 | | | | | | |
| Emerge - IA | XS | 1 | Arising Stars - MO | XS | 1 | | | | | | |
| Fitnastics (MV) - IA | XS | 2 | Authority - MO | XS | 1 | | | | | | |
| Flyaways North - MN | XS | 1 | Flex - WI | XS | 2 | | | | | | |
| Fremont Y - NE | XS | 1 | Flipz USA - MO | XS | 1 | | | | | | |
| GK Blaze - IA | XS | 1 | Gold Medal - MO | XS | 1 | | | | | | |
| Gymfinity - WI | XS | 2 | LaFleur's - WI | XS | 2 | | | | | | |
| Jump Around - WI | XS | 2 | Lake City - WI | XS | 2 | | | | | | |
| Laketown - MN | XS | 1 | M & M - WI | XS | 4 | | | | | | |
| Legacy - NE | XS | 1 | North Shore - WI | XS | 2 | | | | | | |
| Mankato - MN | XS | 1 | OlympiaEllisville-MO | XS | 1 | | | | | | |
| MetroStarsElkhorn-NE | XS | 4 | Omaha - NE | XS | 2 | | | | | | |
| Precision - WI | XS | 1 | Perpetual Blaine-MN | XS | 2 | | | | | | |
| Salto - WI | XS | 1 | Planet - MO | XS | 2 | | | | | | |
| Sapphire - IA | XS | 3 | Racine - WI | XS | 2 | | | | | | |
| Scamps BGCK - WI | XS | 2 | Rise - IA | XS | 1 | | | | | | |
| Somersaults - IA | XS | 4 | Stoughton WI | XS | 1 | | | | | | |
| Swiss - WI | XS | 2 | TCT - MN | XS | 3 | | | | | | |
| Synergy - IA | XS | 2 | Team UP - WI | XS | 1 | | | | | | |
| Team Central - MO | XS | 3 | TNT - ND | XS | 1 | | | | | | |
| TNT - WI | XS | 1 | Triad - IA | XS | 4 | | | | | | |
| Twisters - IA | XS | 3 | Twin Ports - WI | XS | 1 | | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 Silver Jr A | | | Session: T07 # Gymnasts 82 | Open Warmup 11:15 AM Timed Warmup 11:30 AM | March In 11:30 AM Awards 1:45 PM | | |
|------------------------------------|-------|------------|-------------------------------|---|-------------------------------------|------------|--|
| Flight A (41 gymnasts) | | | | Flight B (41 gymnasts) | | | |
| Gym | Level | # Gymnasts | | Gym | Level | # Gymnasts | |
| All America AAGA-SD | XS | 1 | | Altius - WI | XS | 2 | |
| Burlington Y - WI | XS | 1 | | American Gold - ND | XS | 1 | |
| Flyaways North - MN | XS | 1 | | Arising Stars - MO | XS | 1 | |
| GK Blaze - IA | XS | 1 | | Authority - MO | XS | 1 | |
| Gold Medal - MO | XS | 1 | | Capital - WI | XS | 1 | |
| Infinite Starz - IA | XS | 1 | | Classic Savage - MN | XS | 1 | |
| Jump Around - WI | XS | 2 | | Fitnastics (MV) - IA | XS | 1 | |
| Lake City - WI | XS | 2 | | Flipz USA - MO | XS | 1 | |
| Laketown - MN | XS | 1 | | Fremont Y - NE | XS | 2 | |
| Madtown - WI | XS | 1 | | Gymfinity - WI | XS | 1 | |
| MetroStarsElkhorn-NE | XS | 1 | | In Motion - IA | XS | 1 | |
| No Boundaries - MN | XS | 2 | | Legacy - NE | XS | 1 | |
| Olympia Festus - MO | XS | 2 | | Mankato - MN | XS | 1 | |
| Olympia Rock Hill-MO | XS | 1 | | North Shore - WI | XS | 1 | |
| Precision - WI | XS | 3 | | Red River Valley- ND | XS | 2 | |
| Rise - IA | XS | 2 | | Stoughton WI | XS | 2 | |
| Sapphire - IA | XS | 4 | | Strive - SD | XS | 2 | |
| Scamps BGCK - WI | XS | 2 | | Swiss - WI | XS | 4 | |
| ShootForTheStars-MO | XS | 1 | | TCT - MN | XS | 6 | |
| Springfield - MO | XS | 1 | | TNT - ND | XS | 1 | |
| Synergy - IA | XS | 3 | | TNT - WI | XS | 1 | |
| Team Central - MO | XS | 3 | | Tri County - WI | XS | 2 | |
| Team Flip - IA | XS | 1 | | Twisters - IA | XS | 5 | |
| Triad - IA | XS | 1 | | | | | |
| Wautoma- WI | XS | 2 | | | | | |

2022 Xcel Regionals MWT

Session Summary

Apr 29 - May 1, 2022

| Sunday, May 1, 2022 Silver Ch A | | | Session: T08 # Gymnasts 82 | Open Warmup 2:30 PM Timed Warmup 3:45 PM | March In 2:45 PM Awards 5:00 PM | | |
|------------------------------------|-------|------------|-------------------------------|---|------------------------------------|------------|--|
| Flight A (40 gymnasts) | | | | Flight B (42 gymnasts) | | | |
| Gym | Level | # Gymnasts | | Gym | Level | # Gymnasts | |
| Altius - WI | XS | 6 | | AAAG - IA | XS | 13 | |
| American Gold - ND | XS | 1 | | Acro Stars - ND | XS | 2 | |
| Arising Stars - MO | XS | 3 | | All America AAGA-SD | XS | 1 | |
| Fire & Ice - MO | XS | 1 | | Dynamic Flights - MN | XS | 3 | |
| Jump Around - WI | XS | 1 | | Emerge - IA | XS | 2 | |
| LaFleur's - WI | XS | 2 | | Flex - WI | XS | 4 | |
| North Shore - WI | XS | 6 | | Flyaways North - MN | XS | 1 | |
| Northern Lights - ND | XS | 1 | | Gold Medal - MO | XS | 1 | |
| Omaha - NE | XS | 1 | | Laketown - MN | XS | 1 | |
| Ozark Mountian - MO | XS | 1 | | MEGA St. Joe - MO | XS | 1 | |
| Platinum - IA | XS | 5 | | Planet - MO | XS | 1 | |
| Precision - WI | XS | 1 | | Salute Gym - IA | XS | 1 | |
| Rise - IA | XS | 1 | | Synergy - IA | XS | 1 | |
| Sapphire - IA | XS | 4 | | Team Flip - IA | XS | 4 | |
| Somersaults - IA | XS | 1 | | TNT - WI | XS | 3 | |
| Springfield - MO | XS | 1 | | Wautoma- WI | XS | 3 | |
| Stoughton WI | XS | 1 | | | | | |
| Strive - SD | XS | 1 | | | | | |
| Twin Ports - WI | XS | 2 | | | | | |