

2025 Region 5 Insider

Session Summary

Feb 21-23, 2025

Friday, February 21, 2025 Xcel Platinum	Session: G01 # Gymnasts 71	Open Stretch 10:00 AM Timed Warmup 10:20 AM	March In 10:20 AM Awards 1:00 PM
Friday, February 21, 2025 Xcel Gold	Session: G02 # Gymnasts 77	Open Stretch 2:00 PM Timed Warmup 2:15 PM	March In 2:15 PM Awards 4:45 PM
Friday, February 21, 2025 Xcel Gold	Session: G03 # Gymnasts 78	Open Stretch 5:45 PM Timed Warmup 6:00 PM	March In 6:00 PM Awards 8:30 PM
Saturday, February 22, 2025 Xcel Silver	Session: G04 # Gymnasts 73	Open Stretch 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 10:30 AM
Saturday, February 22, 2025 Xcel Silver	Session: G05 # Gymnasts 72	Open Stretch 11:30 AM Timed Warmup 11:45 AM	March In 11:45 AM Awards 2:00 PM
Saturday, February 22, 2025 Level 4	Session: G06 # Gymnasts 66	Open Stretch 3:00 PM Timed Warmup 3:15 PM	March In 3:15 PM Awards 5:30 PM
Saturday, February 22, 2025 Level 5	Session: G07 # Gymnasts 66	Open Stretch 6:30 PM Timed Warmup 6:45 PM	March In 6:45 PM Awards 9:00 PM
Sunday, February 23, 2025 Level 4	Session: G08 # Gymnasts 63	Open Stretch 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 10:30 AM
Sunday, February 23, 2025 Level 3	Session: G09 # Gymnasts 64	Open Stretch 11:30 AM Timed Warmup 11:45 AM	March In 11:45 AM Awards 1:45 PM
Sunday, February 23, 2025 Level 3	Session: G10 # Gymnasts 68	Open Stretch 2:45 PM Timed Warmup 3:00 PM	March In 3:00 PM Awards 5:00 PM
Friday, February 21, 2025 Level 6	Session: R01 # Gymnasts 62	Open Stretch 10:30 AM Timed Warmup 10:50 AM	March In 10:50 AM Awards 1:15 PM
Friday, February 21, 2025 Level 7	Session: R02 # Gymnasts 58	Open Stretch 2:15 PM Timed Warmup 2:35 PM	March In 2:35 PM Awards 4:45 PM
Friday, February 21, 2025 XD & XSA	Session: R03 # Gymnasts 47	Open Stretch 5:45 PM Timed Warmup 6:05 PM	March In 6:05 PM Awards 8:30 PM
Saturday, February 22, 2025 Level 6 & 7	Session: R04 # Gymnasts 62	Open Stretch 8:30 AM Timed Warmup 8:50 AM	March In 8:50 AM Awards 11:15 AM
Saturday, February 22, 2025 Level 8	Session: R05 # Gymnasts 54	Open Stretch 12:15 PM Timed Warmup 12:35 PM	March In 12:35 PM Awards 3:15 PM
Saturday, February 22, 2025 Level 9 & 10	Session: R06 # Gymnasts 60	Open Stretch 4:15 PM Timed Warmup 4:35 PM	March In 4:35 PM Awards 7:45 PM
Sunday, February 23, 2025 Level 2 & XB	Session: R07 # Gymnasts 79	Open Stretch 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 10:15 AM