



## GymBC XCEL CHALLENGE COMPETITION SCHEDULE

*Award ceremonies begin shortly after each session.*

### Friday April 12, 2024

Session 1:

- 18:15 – 21:00 – Xcel Bronze (86) 8-rotations, floor blocked warm-up  
*Feb 2011 – Sep 2013*

### Saturday April 13, 2024

Session 2:

- 07:30 – 10:00 – Xcel Bronze (89) 8-rotations, floor blocked warm-up  
*Oct 2014 – Dec 2017*

Session 3:

- 10:15 – 12:45 – Xcel Bronze + Silver (87) 8-rotations, floor blocked warm-up  
*Bronze Oct 2013 – Sep 2014*  
*Silver Jul 2014 – Nov 2015*

Session 4:

- 13:00 – 15:30 – Xcel Silver (90) 8-rotations, floor blocked warm-up  
*March 2013 – June 2014*

Session 5:

- 15:45 – 18:15 – Xcel Silver (79) 8-rotations, floor blocked warm-up  
*Jan 2012 – Feb 2013*

Session 6:

- 18:30 – 21:00 – Xcel Silver (90) 8-rotations, floor blocked warm-up  
*Jun 2006 – Dec 2011*

### Sunday April 14, 2024

Session 7:

- 8:30 – 11:15 – Xcel Gold (62) 8-rotations, floor blocked warm-up  
*Jan 2012 – Aug 2014*

Session 8:

- 11:30 – 14:15 – Xcel Gold (64) 8-rotations, floor blocked warm-up  
*Jan 2010 – Dec 2011*

Session 9:

- 14:30 – 17:15 – Xcel Gold (64) 8-rotations, floor blocked warm-up  
*Feb 2005 – Dec 2009*

Session 10:

- 17:30 – 20:30 – Xcel Platinum & Diamond (72) 8-rotations, floor blocked warm-up

