

# 2024 All Handstands on Deck

## Saturday, March 2<sup>nd</sup> 2024

### **Session #1: USAG Xcel Bronze**

General Stretch- 8:00am                      Timed Warm Up- 8:20am                      Awards- 9:45am

### **Session #2: USAG All Level 4, All Level 5 & Xcel Gold (2013-2015)**

General Stretch- 10:15am                      Timed Warm Up- 10:35am                      Awards- 12:25pm

### **Session #3: USAG Xcel Gold (2007-2012)**

General Stretch- 12:45pm                      Timed Warm Up- 1:05pm                      Awards- 3:05pm

### **Session #4: USAG Level 6 & 7**

General Stretch- 3:30pm                      Timed Warm Up- 3:50pm                      Awards- 6:00pm

### **Session #5: USAG Xcel XP, XD, XSA, and Level 8 & 9**

General Stretch- 6:20pm                      Timed Warm Up- 6:40pm                      Awards- 8:50pm

## Sunday, March 3<sup>rd</sup> 2024

### **Session #6: USAG Xcel Silver**

General Stretch- 8:00am                      Timed Warm Up- 8:20am                      Awards- 10:35am

### **Session #7: AAU Level 1, Level 2, Xcel Copper & Xcel Bronze**

General Stretch- 11:00am                      Timed Warm Up- 11:20am                      Awards- 1:00pm

### **Session #8: AAU Xcel Silver & Level 3**

General Stretch- 1:20pm                      Timed Warm Up- 1:40pm                      Awards- 3:45pm

### **Session #9: AAU Level 4 & Level 5 and Xcel Gold, Platinum, Diamond & All Ladies**

General Stretch- 4:05pm                      Timed Warm Up- 4:25pm                      Awards- 6:20pm

**Location:** Bayside Sports Academy | 4400 34<sup>th</sup> Street North | Suite E | St. Petersburg | FL | 33714

**Spectator Fees:** One day: \$15/adult, \$10/child (ages 4-12), under 3-free  
Two day: \$25/adult, \$16/child, under 3-free