

2025 All Handstands on Deck

Location: Bayside Sports Academy

Saturday, March 15th

Session #1: USAG Xcel Bronze

General Stretch: 8:00am 1st Warm-up: 8:20am Awards: 9:45am

Session #2: USAG Xcel Silver

General Stretch: 10:05am 1st Warm-up: 10:25am Awards: 11:50am

Session #3: USAG Xcel Gold-younger

General Stretch: 12:15pm 1st Warm-up: 12:35pm Awards: 2:30pm

Session #4: USAG Level 4-5, Xcel Gold, Xcel Platinum

General Stretch: 2:45pm 1st Warm-up: 3:05pm Awards: 5:15pm

Session #5: USAG Level 6-9, Xcel Diamond-Sapphire

General Stretch: 5:30pm 1st Warm-up: 5:50pm Awards: 7:45pm

Sunday, March 16th

Session #6: AAU Xcel Silver

General Stretch: 8:00am 1st Warm-up: 8:20am Awards: 10:00am

Session #7: AAU Xcel Bronze & Level 2

General Stretch: 10:20am 1st Warm-up: 10:40am Awards: 12:15pm

Session #8: AAU Xcel Copper, Level 1 & Level 3

General Stretch: 12:45pm 1st Warm-up: 1:05pm Awards: 2:15pm

Session #9: AAU Xcel Gold-Diamond, Levels 4-6 & Adults

General Stretch: 2:45pm 1st Warm-up: 3:05pm Awards: 4:45pm