



Purple Gym	White Gym	Gold Gym
<p style="text-align: center;"><i>Friday, April 23<sup>rd</sup></i></p> <p>Session P01 – Silver Ch A,B,C,D            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:15 AM Awards</p> <p>Session P02 – Silver Ch E,F,G,H            11:30 AM Open Stretch            11:45 AM Introductions            2:45 PM Awards</p> <p>Session P03 – Silver Ch I,J,K, Jr A            3:00 PM Open Stretch            3:15 PM Introductions            6:15 PM Awards</p> <p>Session P04 – Silver Jr B,C,D,E            6:30 PM Open Stretch            6:45 PM Introductions            9:45 PM Awards</p>	<p style="text-align: center;"><i>Friday, April 23<sup>rd</sup></i></p> <p>Session W01 – Diamond Jr            7:30 AM Doors Open            8:30 AM Open Stretch            8:45 AM Introductions            12:00 PM Awards</p> <p>Session W02 – Diamond Sr            1:00 PM Open Stretch            1:15 PM Introductions            4:30 PM Awards</p> <p>Session W03 – Platinum Ch A,B,C,D            5:30 PM Open Stretch            5:45 PM Introductions            8:30 PM Awards</p>	<p style="text-align: center;"><i>Friday, April 23<sup>rd</sup></i></p> <p>Session G01 – Gold Ch A 1-5            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:30 AM Awards</p> <p>Session G02 – Gold Ch B 1-5            12:30 PM Open Stretch            12:45 PM Introductions            4:00 PM Awards</p> <p>Session G03 – Gold Ch C 1-5            5:00 PM Open Stretch            5:15 PM Introductions            8:30 PM Awards</p>

**COVID PROCEDURES SPECTATORS**

- Everyone is required to wear a mask at all times.
- Please practice social distancing.
- If you have any Covid symptoms, please do not attend.
- We will not be limiting the number of spectators.
- Concessions will be open during the event.
- No programs.

**COVID PROCEDURES COACHES & ATHLETES**

- Masks are required at all times.
- Athletes will be allowed to remove their mask ONLY while on the equipment.
- Practice social distancing.
- If you have any Covid symptoms please do not attend.
- 100% Refund until April 22, 2021
- Athletes need to bring their own:
  - Chalk
  - Spray bottles
  - Brushes for bars
  - Hand sanitizer
- To lower the number of people in the facility coaches will be asked to:
- Play your own music

**ADMISSIONS**

- Tickets are available at [Tickets | 2021 Xcel Region IV Gymnastics Championships: Day One - Cedar Rapids, IA at Ticketmaster](#)
- Tickets will also be available at the door - \$23 per person



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<p><i>Saturday, April 24<sup>rd</sup></i></p> <p>Session P05 – Silver Jr F,G,H,I            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:15 AM Awards</p> <p>Session P06 – Silver Jr J,K, Sr A,B            11:30 AM Open Stretch            11:45 AM Introductions            2:45 PM Awards</p> <p>Session P07 – Silver Sr C,D,E,F            3:00 PM Open Stretch            3:15 PM Introductions            6:15 PM Awards</p> <p>Session P08– Silver Sr G,H,I,J            6:30 PM Open Stretch            6:45 PM Introductions            9:45 PM Awards</p>	<p><i>Saturday, April 24<sup>rd</sup></i></p> <p>Session W04 – Platinum Ch E,F,G,H            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:00 AM Awards</p> <p>Session W05 – Platinum Ch I,J, Jr A,B            12:00 PM Open Stretch            12:15 AM Introductions            3:00 PM Awards</p> <p>Session W06 – Platinum Jr C,D,E,F            4:00 PM Open Stretch            4:15 PM Introductions            7:00 PM Awards</p>	<p><i>Saturday, April 24<sup>rd</sup></i></p> <p>Session G04 – Gold Jr A 1-5            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:30 AM Awards</p> <p>Session G05 – Gold Jr B 1-5            12:30 PM Open Stretch            12:45 AM Introductions            4:00 PM Awards</p> <p>Session G06 – Gold Jr C 1-5            5:00 PM Open Stretch            5:15 PM Introductions            8:30 PM Awards</p>

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Purple Gym	White Gym	Gold Gym
<p><i>Sunday, April 25<sup>rd</sup></i></p> <p>Session P09 – Bronze Ch A,B,C,D            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            10:45 AM Awards</p> <p>Session P10 – Bronze Ch E,F, Jr A,B            11:15 AM Open Stretch            11:30 AM Introductions            2:00 PM Awards</p> <p>Session P11 – Bronze Jr C,D,E, Sr A            2:30 PM Open Stretch            2:45 PM Introductions            5:15 PM Awards</p> <p>Session P12 – Bronze Sr B,C,D,E            5:45 PM Open Stretch            6:00 PM Introductions            8:30 PM Awards</p>	<p><i>Sunday, April 25<sup>rd</sup></i></p> <p>Session W07 – Platinum Jr G,H,I, Sr A            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:00 AM Awards</p> <p>Session W08 – Platinum Sr B,C,D,E            12:00 PM Open Stretch            12:15 PM Introductions            3:00 PM Awards</p> <p>Session W09 – Platinum Sr F,G,H,I            4:00 PM Open Stretch            4:15 PM Introductions            7:00 PM Award</p>	<p><i>Sunday, April 25<sup>rd</sup></i></p> <p>Session G07 – Gold Sr A 1-5            7:30 AM Doors Open            8:00 AM Open Stretch            8:15 AM Introductions            11:30 AM Awards</p> <p>Session G08 – Gold Sr B 1-5            12:30 PM Open Stretch            12:45 PM Introductions            4:00 PM Awards</p> <p>Session G09 – Gold Sr C 1-5            5:00 PM Open Stretch            5:15 PM Introductions            8:30 PM Awards</p>

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