



Games in Ames

Meet Schedule

Friday – February 9, 2024

Session 101 – Level 5 & 6 (35)

All Teams

9:00 – 9:20	Open Stretch
9:20 – 10:55	Competition
11:00	Awards

Session 102 – Level 4 (42)

All Teams

11:30 – 11:50	Open Stretch
11:50 – 1:20	Competition
1:25	Awards

Session 103 – Level 2 & 3 (49)

All Teams

1:45 – 2:00	Open Stretch
2:00 – 3:30	Competition
3:35	Awards

Session 104 – Xcel Platinum (65)

All Teams

4:00 – 4:15	Open Stretch
4:15 – 6:25	Competition
6:30	Awards

Session 105 – Level 7,8,9,10, XD, XSA (39)

All Teams

7:00 - 7:20	Open Stretch
7:20 - 9:15	Competition
9:20	Awards

Saturday – February 10, 2024

Session 106 – Xcel Gold (61)

*GKG Blaze – Mid Iowa Gymnastics – SGA –
Siouxland - Synergy*

9:00 – 9:15	Open Stretch
9:15 – 11:00	Competition
11:05	Awards

Session 107 – Xcel Gold (62)

*Chows – CVGA – DDSGC – In Motion –
Jacobs – SUCCESS - Victory*

11:30 – 11:45	Open Stretch
11:45 – 1:30	Competition
1:35	Awards

Session 108 – Xcel Silver (83)

*SGA – Siouxland – SUCCESS – Synergy -
Transform*

2:00 – 2:15	Open Stretch
2:15 – 4:45	Competition
4:50	Awards

Session 109 – Xcel Silver (84)

*Chows – CVGA – DDSGC – GKG Blaze – In
Motion – Jacobs – Mid Iowa Gymnastics –
NCIG - Victory*

5:15 – 5:30	Open Stretch
5:30 – 8:00	Competition
8:05	Awards

Sunday – Feb 11, 2024

Session 110 – Xcel Bronze & HUGS (64)

CVGA – SGA – Siouxland – Synergy –

Transform - Victory

9:00 – 9:15 Open Stretch

9:15 – 10:45 Competition

10:50 Awards

Session 111 – Xcel Bronze (65)

DDSGC – GKG Blaze – Mid Iowa Gymnastics

– NCIG - SUCCESS

11:15 – 11:30 Open Stretch

11:30 – 1:00 Competition

1:05 Awards