



# Games in Ames

## Meet Schedule – Final as of 12-16-24

### Friday – January 31, 2025

Session 101 – Level 5 & 6 - 55

*All Teams*

8:30 – 8:50	Open Stretch
8:50 – 8:55	Introduction
8:55 – 10:55	Competition
11:00	Awards

Session 102 – Level 4 - 63

*All Teams*

11:30 – 11:50	Open Stretch
11:50 – 11:55	Introduction
11:55 – 2:15	Competition
2:20	Awards

Session 103 – Level 2 & 3 -80

*All Teams*

2:50 – 3:10	Open Stretch
3:10 – 3:15	Introduction
3:15 – 5:15	Competition
5:20	Awards

Session 104 –Level 7,8,9,10 – 44

*All Teams*

5:50 – 6:10	Open Stretch
6:10 – 6:15	Introduction
6:15 – 8:45	Competition
8:50	Awards

### Saturday – February 1, 2025

Session 105 – Xcel Gold - 47

*BHG, Chows, Somersaults*

8:30 – 8:45	Open Stretch
8:45 – 8:50	Introduction
8:50 – 10:30	Competition
10:35	Awards

Session 106 – Xcel Gold – 44

*Dubuque, Mid Iowa, SUCCESS*

11:05 – 11:20	Open Stretch
11:20 – 11:25	Introduction
11:25 – 12:50	Competition
12:55	Awards

### Saturday – February 1, 2025 – Cont.

Session 107 – Xcel Silver - 45

*BHG, Chows, SUCCESS*

1:25 – 1:40	Open Stretch
1:40 – 1:45	Introduction
1:45 – 3:15	Competition
3:20	Awards

Session 108 – Xcel Silver - 46

*Dubuque, Mid Iowa, Somersaults*

3:50 – 3:55	Open Stretch
3:55 – 4:00	Introduction
4:00 – 5:30	Competition
5:35	Awards

Session 109 – Xcel Diamond & Sapphire - 33

*All Teams*

6:05 – 6:15	Open Stretch
6:15 – 6:20	Introduction
6:20 - 8:20	Competition
8:25	Awards

### Sunday – Feb 2, 2024

Session 110 – Xcel Platinum – 57

*All Teams*

8:30 – 8:45	Open Stretch
8:45 – 8:50	Introduction
8:50 – 11:00	Competition
11:05	Awards

Session 111 – Xcel Bronze - 69

*All Teams*

11:35 – 11:50	Open Stretch
11:50 – 11:55	Introduction
11:55 – 1:30	Competition
1:35	Awards