

COMMONWEALTH CUP 2013

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|-------------------|-----------------------------|--------------------------------------|-------------------|-------------------|
| Session 1G | Saturday 23 November | <u>level 3</u> | <u>level 5</u> | <u>level 5</u> |
| Level 3 | Registration 7:45 AM | Arlington Aerials | Apex | Richmond Olympiad |
| Level 5 | Open Stretch 8:00 AM | Ocean Tumblers | Fairfax | River City Youth |
| | Timed Warm-up 8:20 AM | Youth Sports | Gymstrada | VIGS |
| | Competition 8:50 AM | | Paragon | Youth Sports |
| | Awards 11:50 AM | | | |
| Session 1B | Saturday 23 November | | | |
| Level 9 | Registration 8:30 AM | Arlington Aerials | Paragon | |
| | Open Stretch 8:45 AM | Apex | Richmond Olympiad | |
| | Timed Warm-up 9:05 AM | Chantilly | River City Youth | |
| | Competition 9:35 AM | Docksiders | VIGS | |
| | Awards 11:30 AM | | World Class | |
| Session 2G | Saturday 23 November | | | |
| Level 3 | Registration 12:00 PM | Apex | Paragon | |
| | Open Stretch 12:15 PM | DDC | Richmond Olympiad | |
| | Timed Warm-up 12:35 PM | Fairfax | River City Youth | |
| | Competition 1:05 PM | | | |
| | Awards 4:10 PM | | | |
| Session 2B | Saturday 23 November | | | |
| Level 7 | Registration 11:45 AM | Apex | Paragon | |
| | Open Stretch 12:00 PM | Full Force | RiverCity | |
| | Timed Warm-up 12:20 PM | GMS | World Class | |
| | Competition 12:50 PM | Gymstrada | | |
| | Awards 3:50 PM | | | |
| Session 3G | Saturday 23 November | <u>Xcel Bronze, Silver, and Gold</u> | | |
| Xcel Bronze | Registration 4:20 PM | Apex | Paragon | |
| Xcel Silver | Open Stretch 4:35 PM | Dulles | Youth Sports | |
| Xcel Gold | Timed Warm-up 4:55 PM | | | |
| | Competition 5:25 PM | | | |
| | Awards 7:30 PM | | | |
| Session 3B | Saturday 23 November | <u>level 7</u> | <u>level 7</u> | |
| Level 7 | Registration 4:00 PM | Arlington Aerials | Richmond Olympiad | |
| Level 10 | Open Stretch 4:15 PM | Chantilly | VIGS | |
| | Timed Warm-up 4:35 PM | Fairfax | Youth Sports | |
| | Competition 5:05 PM | Maverick | | |
| | Awards 7:05 PM | | | |
| | | <u>level 10</u> | <u>level 10</u> | |
| | | Arlington Aerials | Maverick | |
| | | Apex | Paragon | |
| | | Chantilly | Richmond Olympiad | |
| | | Docksiders | River City Youth | |
| | | GMS | World Class | |

COMMONWEALTH CUP 2013

Session 4G

Sunday 24 November

| | | | |
|---------|---------------|----------|-------------------|
| Level 4 | Registration | 7:45 AM | Arlington Aerials |
| | Open Stretch | 8:00 AM | Apex |
| | Timed Warm-up | 8:20 AM | DDC |
| | Competition | 8:50 AM | Richmond Olympiad |
| | Awards | 12:00 PM | |

Session 4B

Sunday 24 November

| | | | | | |
|---------|---------------|----------|-------------------|----------------|--------------|
| Level 6 | Registration | 8:30 AM | DDC | <u>level 6</u> | VIGS |
| Level 8 | Open Stretch | 8:45 AM | Fairfax | | World Class |
| | Timed Warm-up | 9:05 AM | Full Force | | Youth Sports |
| | Competition | 9:35 AM | Richmond Olympiad | | |
| | Awards | 11:40 AM | | | |

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| | <u>level 8</u> | <u>level 8</u> |
| | Chantilly | River City |
| | GMS | VIGS |
| | Maverick | Youth Sports |
| | Paragon | |

Session 5G

Sunday 24 November

| | | | | | |
|---------------|---------------|----------|----------------|----------------|--------------|
| Level 4 | Registration | 12:15 PM | Fairfax | <u>level 4</u> | Paragon |
| Xcel Platinum | Open Stretch | 12:30 PM | Gymstrada | | River City |
| Xcel Diamond | Timed Warm-up | 12:50 PM | Ocean Tumblers | | Youth Sports |
| | Competition | 1:20 PM | | | |
| | Awards | 4:30 PM | | | |

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| | <u>Xcel Platinum and Diamond</u> | |
| | Apex | Paragon |
| | Dulles | |

Session 5B

Sunday 24 November

| | | | |
|---------|---------------|----------|-------------------|
| Level 8 | Registration | 11:45 AM | Arlington Aerials |
| | Open Stretch | 12:00 PM | Apex |
| | Timed Warm-up | 12:20 PM | Docksiders |
| | Competition | 12:50 PM | Richmond Olympiad |
| | Awards | 3:00 PM | World Class |