

# EXAMPLE OF 2024 MEET SCHEDULE

The 2025 session schedule will be available once sessions are finalized.

## Metro Arch Classic 2024

### Saturday February 3

#### Session 1 – Non-Sanctioned Level 2 & Bronze

(37 Gymnasts)

Open Stretch at 8am

March In at 8:15am

Flight One Warm Up at 8:20am

Meet Begins at 8:25am

Meet Ends at 9:05am

#### Session 2 – Xcel Silver ALL

(87 Gymnasts)

Open Stretch at 9:10am

March In at 9:25am

Flight One Warm Up at 9:30am

Meet Begins at 9:40am

Meet Ends at 11:55am

#### Session 3 – Xcel Gold ALL

(92 Gymnasts)

Open Stretch at 12pm

March In at 12:20pm

Flight One Warm Up at 12:25pm

Meet Begins at 12:40pm

Meet Ends at 3:45pm

#### Session 4 – Level 4 from Edwardsville, GQ, Gem,

Mid Ill, Phenom

& Platinum, Sapphire ALL

(80 Gymnasts)

Open Stretch at 3:50pm

March In at 4:10pm

Flight One Warm Up at 4:15pm

Meet Begins at 4:30pm

Meet Ends at 7:15pm

#### Session 5 – Level 8/9/10/Diamond ALL

(47 Gymnasts)

Open Stretch at 7:15pm

March In at 7:35pm

Flight One Warm Up at 7:40pm

Meet Begins at 7:55pm

Meet Ends at 9:55pm

### Sunday February 4

#### Session 6 –

Level 4 from Gateway, JT, AAG, Gym Etc, Midwest

& Level 5 ALL

(96 Gymnasts)

Open Stretch at 8am

March In at 8:15am

Flight One Warm Up at 8:20am

Meet Begins at 8:35am

Meet Ends at 11:50am

#### Session 7 – Level 6 ALL (52 Gymnasts)

Open Stretch at 11:50am

March In at 12:05pm

Flight One Warm up at 12:10pm

Meet Begins at 12:25pm

Meet Ends at 2:25pm

#### Session 8 – Level 7 ALL (35 Gymnasts)

Open Stretch at 2:30pm

March In at 2:45pm

Flight One Warm Up at 2:50pm

Meet Begins at 3pm

Meet Ends at 4:20pm

#### Session 9 – Level 3 ALL (56 Gymnasts)

Open Stretch at 4:20pm

March In at 4:35pm

Flight One Warm Up at 4:40pm

Meet Begins at 4:50pm

Meet Ends at 6:10pm

