

# Missouri Optional State Championships 2024

## Friday – March 22

### Session 1 Level 8 – Ages 13 & Over

Open Stretch	8:00 – 8:20
March in	8:25
Warm ups	8:30 – 8:50
Competition	8:50 – 11:30
Awards	11:30

### Session 2 Level 8 – Ages 12 & under Level 9 – 13 & 14 year olds

Open Stretch	11:30 – 11:50
March in	11:55
Warm ups	12:00 – 12:20
Competition	12:20 – 3:00
Awards	3:00

### Session 3 Level 9 -Ages 12 & under & 15 & over Level 10 – Ages 14 & under

Open Stretch	3:00 – 3:20
March in	3:25
Warm ups	3:30 – 3:50
Competition	3:50 – 6:30
Awards	6:30

### Session 4 Level 10 – Ages 15 & Over

Open Stretch	6:30 – 6:50
March in	6:55
Warm ups	7:00 – 7:20
Competition	7:20 – 10:00
Awards	10:00



## Saturday – March 23

### Session 5 Level 6 - Ages 8 & under, 11 & 13

Open Stretch	8:00 – 8:20
March in	8:25
Warm ups	8:30 – 8:45
Competition	8:45 – 11:25
Awards	11:25

### Session 6 Level 6 - Ages 9, 12 and 14 & Over

Open Stretch	11:30 – 11:50
March in	11:55
Warm ups	12:00 – 12:15
Competition	12:15 - 2:55
Awards	2:55

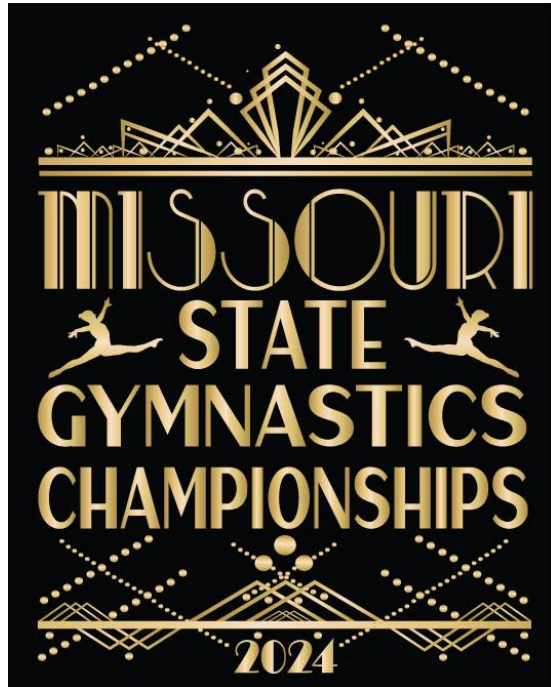
### Session 7 Level 6- Ages 10, Level 7 - Ages 11 & 12

Open Stretch	3:00 – 3:20
March in	3:25
Warm ups	3:30 – 3:45
Competition	3:45 – 5:55
Awards	5:55

### Session 8 Level 7-Ages 10 & under, 13 & over

Open Stretch	6:10 – 6:30
March in	6:35
Warm ups	6:40 – 6:55
Competition	6:55 – 9:35
Awards	9:35

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## Sunday – March 24

<b>Session 9</b>	Xcel Platinum National Ages 13 & Under
Open Stretch	8:00 – 8:20
March in	8:25
Warm ups	8:30 – 8:45
Competition	8:45 – 11:15
Awards	11:15

<b>Session 10</b>	Xcel Platinum National Ages 14 & Over Platinum American 12 & Under
Open Stretch	11:20 – 11:40
March in	11:45
Warm ups	11:50 – 12:05
Competition	12:05 – 2:35
Awards	2:35

<b>Session 11</b>	Xcel Platinum American Ages 13 & Over Diamond American - All ages Sapphire - All Ages
Open Stretch	2:40 – 3:00
March in	3:05
Warm ups	3:10 – 3:25
Competition	3:25 – 5:45
Awards	5:45

<b>Session 12</b>	Xcel Diamond National - All Ages
Open Stretch	5:50 – 6:10
March in	6:15
Warm ups	6:20 – 6:35
Competition	6:35 – 8:50
Awards	8:50

