



WCU Gymnastics 2024 GOLDEN RAMS CLASSIC

hosted at **STURZEBECKER HEALTH SCIENCE CENTER**
855 South New Street, West Chester, PA



UPDATED 2/14/24

FRIDAY, March 15th	SATURDAY, March 16th	SUNDAY, March 17th																																																																																										
<p align="center">Come Out And See The College Competition</p> <p align="center">Competition Begins at 11:00am</p> <p align="center">WEST CHESTER UNIVERSITY VS. CORNELL UNIVERSITY</p> <p align="center">FREE ADMISSION for the College Meet!!</p> <p align="center">We hope you can join us to CHEER on our WCU LADY RAMS!!</p>	<p>Session 3 - Level 3</p> <table border="0"> <tr><td>Gymnast Registration</td><td>7:50 - 8:00am</td></tr> <tr><td>Open Stretch</td><td>8:00 - 8:20am</td></tr> <tr><td>Announce/March-In</td><td>8:20 - 8:30am</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>8:30 - 11:00am</td></tr> <tr><td>Awards</td><td>11:20am</td></tr> </table> <p>Session 4 - Level 4</p> <table border="0"> <tr><td>Gymnast Registration</td><td>10:50 - 11:00am</td></tr> <tr><td>Open Stretch</td><td>11:00 - 11:30am</td></tr> <tr><td>Announce/March-In</td><td>11:30 - 11:40am</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>11:40am - 1:40pm</td></tr> <tr><td>Awards</td><td>2:00pm</td></tr> </table> <p>Session 5 - Level 4</p> <table border="0"> <tr><td>Gymnast Registration</td><td>1:30 - 1:40pm</td></tr> <tr><td>Open Stretch</td><td>1:40 - 2:10pm</td></tr> <tr><td>Announce/March-In</td><td>2:10 - 2:20pm</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>2:20 - 4:45pm</td></tr> <tr><td>Awards</td><td>5:05pm</td></tr> </table> <p>Session 6 - XCeL BRONZE & SILVER</p> <table border="0"> <tr><td>Gymnast Registration</td><td>4:35 - 4:45pm</td></tr> <tr><td>Open Stretch</td><td>4:45 - 5:05pm</td></tr> <tr><td>Announce/March-In</td><td>5:05 - 5:15pm</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>5:15 - 6:55pm</td></tr> <tr><td>Awards</td><td>7:15pm</td></tr> </table> <p>Session 7 - XCeL SILVER</p> <table border="0"> <tr><td>Gymnast Registration</td><td>6:45 - 6:55pm</td></tr> <tr><td>Open Stretch</td><td>6:55 - 7:15pm</td></tr> <tr><td>Announce/March-In</td><td>7:15 - 7:25pm</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>7:25 - 9:25pm</td></tr> <tr><td>Awards</td><td>9:45pm</td></tr> </table>	Gymnast Registration	7:50 - 8:00am	Open Stretch	8:00 - 8:20am	Announce/March-In	8:20 - 8:30am	Timed Warm Ups & Compete	8:30 - 11:00am	Awards	11:20am	Gymnast Registration	10:50 - 11:00am	Open Stretch	11:00 - 11:30am	Announce/March-In	11:30 - 11:40am	Timed Warm Ups & Compete	11:40am - 1:40pm	Awards	2:00pm	Gymnast Registration	1:30 - 1:40pm	Open Stretch	1:40 - 2:10pm	Announce/March-In	2:10 - 2:20pm	Timed Warm Ups & Compete	2:20 - 4:45pm	Awards	5:05pm	Gymnast Registration	4:35 - 4:45pm	Open Stretch	4:45 - 5:05pm	Announce/March-In	5:05 - 5:15pm	Timed Warm Ups & Compete	5:15 - 6:55pm	Awards	7:15pm	Gymnast Registration	6:45 - 6:55pm	Open Stretch	6:55 - 7:15pm	Announce/March-In	7:15 - 7:25pm	Timed Warm Ups & Compete	7:25 - 9:25pm	Awards	9:45pm	<p>Session 8 - Level 6</p> <table border="0"> <tr><td>Gymnast Registration</td><td>7:50 - 8:00am</td></tr> <tr><td>Open Stretch</td><td>8:00 - 8:30am</td></tr> <tr><td>Announce/March-In</td><td>8:30 - 8:40am</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>8:40 - 10:40am</td></tr> <tr><td>Awards</td><td>11:00am</td></tr> </table> <p>Session 9 - Levels 7 & 8</p> <table border="0"> <tr><td>Gymnast Registration</td><td>10:30 - 10:40am</td></tr> <tr><td>Open Stretch</td><td>10:40 - 11:10pm</td></tr> <tr><td>Announce/March-In</td><td>11:10 - 11:20am</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>11:20am - 2:25pm</td></tr> <tr><td>Awards</td><td>2:45pm</td></tr> </table> <p>Session 10 - Levels 9/10 & XD/XH</p> <table border="0"> <tr><td>Gymnast Registration</td><td>2:15 - 2:25pm</td></tr> <tr><td>Open Stretch</td><td>2:25 - 2:55pm</td></tr> <tr><td>Announce/March-In</td><td>2:55 - 3:05pm</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>3:05 - 5:35pm</td></tr> <tr><td>Awards</td><td>5:50pm</td></tr> </table> <p>Session 11 - XCeL PLATINUM</p> <table border="0"> <tr><td>Gymnast Registration</td><td>5:25 - 5:35pm</td></tr> <tr><td>Open Stretch</td><td>5:35 - 6:05pm</td></tr> <tr><td>Announce/March-In</td><td>6:05 - 6:15pm</td></tr> <tr><td>Timed Warm Ups & Compete</td><td>6:15 - 8:35pm</td></tr> <tr><td>Awards</td><td>8:55pm</td></tr> </table>	Gymnast Registration	7:50 - 8:00am	Open Stretch	8:00 - 8:30am	Announce/March-In	8:30 - 8:40am	Timed Warm Ups & Compete	8:40 - 10:40am	Awards	11:00am	Gymnast Registration	10:30 - 10:40am	Open Stretch	10:40 - 11:10pm	Announce/March-In	11:10 - 11:20am	Timed Warm Ups & Compete	11:20am - 2:25pm	Awards	2:45pm	Gymnast Registration	2:15 - 2:25pm	Open Stretch	2:25 - 2:55pm	Announce/March-In	2:55 - 3:05pm	Timed Warm Ups & Compete	3:05 - 5:35pm	Awards	5:50pm	Gymnast Registration	5:25 - 5:35pm	Open Stretch	5:35 - 6:05pm	Announce/March-In	6:05 - 6:15pm	Timed Warm Ups & Compete	6:15 - 8:35pm	Awards	8:55pm
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**2024 WCU Golden Rams Classic
Level 4 and Level XS Specifics**

Session 4: Level 4A

Ches-Co Gymnastics
Cumberland
Main Line
Co-Op Gymnastics
Gravity Elite
Central Bucks
Power and Grace
GymOlympic

Session 5: Level 4B

Hanover
Showtime
Parkettes
Hershey Aerials
Ricochets
Mannettes
Upper Merion

Session 6: Level XB and XSA

Silver

Force
Ches-Co
Power & Grace

Session 7: XS

Turners
Upper Merion
Showtime
Roth's Crosspointe
Parkettes
Mannettes
Fusion
Central Bucks