

Please note that rotations of no more than 8 athletes are encouraged. Times below with an * indicate when groups will need to be split. As well, it is recommended that extra time be factored into the schedule for the first session of the day. This session tends to run longer than the minimum scheduled time.

| OCP FORMAT | | | | | | |
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| Level | Time Per Athlete | Largest Rotation | Minutes Per Rotation | x 4 Rotations | Divided by 60 Minutes | Competition Time in Hours/Minutes *event splits for warm-ups |
| 1 | 2 minutes, 15 seconds (2.25 minutes) | 4 | 9 | 36 | .6 hours | Between 35 and 45 minutes |
| | | 5 | 11.25 | 45 | .75 hours | Between 45 and 55 minutes |
| | | 6 | 13.5 | 54 | .9 hours | 1 hour |
| | | 7 | 15.75 | 63 | 1.05 hours | 1 hour and 10-15 minutes |
| | | 8 | 18 | 72 | 1.2 hours | 1 hour and 15-25 minutes |
| | | 9 | 20.25 | 81 | 1.35 hours | *1 hour and 30 minutes |
| | | 10 | 22.5 | 90 | 1.5 hours | *1 hour and 40 minutes |
| 2 | 2 minutes, 25 seconds (2.45 minutes) | 4 | 9.8 | 39.2 | 0.65 hours | 45 minutes |
| | | 5 | 12.25 | 49 | 0.82 hours | 1 hour |
| | | 6 | 14.7 | 58.8 | 0.98 hours | 1 hour and 5-10 minutes |
| | | 7 | 17.15 | 68.6 | 1.14 hours | 1 hour and 15 minutes |
| | | 8 | 19.6 | 78.4 | 1.31 hours | 1 hour and 30 minutes |
| | | 9 | 22.05 | 88.2 | 1.47 hours | *1 hour and 40 minutes |
| | | 10 | 24.5 | 98 | 1.63 hours | *1 hour and 45 minutes |
| 3 | 2 minutes, 55 seconds (2.92 minutes) | 4 | 11.68 | 46.72 | 0.78 hours | 1 hour |
| | | 5 | 14.6 | 58.4 | 0.97 hours | At least 1 hour |
| | | 6 | 17.52 | 70.08 | 1.17 hours | 1 hour and 15 minutes |
| | | 7 | 20.44 | 81.76 | 1.36 hours | 1 hour and 30 minutes |
| | | 8 | 23.36 | 93.44 | 1.56 hours | 1 hour and 45 minutes |
| | | 9 | 26.28 | 105.12 | 1.75 hours | *1 hour and 45-55 minutes |
| | | 10 | 29.2 | 116.8 | 1.95 hours | * 2 hours |
| 4 | 3 minutes, 5 seconds (3.08 minutes) | 4 | 12.32 | 49.28 | 0.82 hours | 1 hour |
| | | 5 | 15.4 | 61.6 | 1.01 hours | At least 1 hour |
| | | 6 | 18.48 | 73.92 | 1.23 hours | minutes |
| | | 7 | 21.56 | 86.24 | 1.44 hours | 1 hour and 30 minutes |
| | | 8 | 24.64 | 98.56 | 1.64 hours | 1 hour and 45 minutes |
| | | 9 | 27.72 | 110.88 | 1.85 hours | *2 hours |
| | | 10 | 30.8 | 123.2 | 2.05 hours | *2 hours and 10-15 minutes |
| 5 | 3 minutes, 10 seconds (3.17 minutes) | 4 | 12.68 | 50.72 | 0.85 hours | 1 hour |
| | | 5 | 15.85 | 63.4 | 1.06 hours | 1 hour and 10-15 minutes |
| | | 6 | 19.02 | 76.08 | 1.27 hours | 1 hour and 20-30 minutes |
| | | 7 | 22.19 | 88.76 | 1.48 hours | minutes |
| | | 8 | 25.36 | 101.44 | 1.70 hours | At least 1 hour and 45 minutes |
| | | 9 | 28.53 | 114.12 | 1.9 hours | At least *2 hours |
| | | 10 | 31.7 | 126.8 | 2.11 hours | *2 hours and 15 minutes |
| 6 | 3 minutes, 35 seconds (3.58 minutes) | 4 | 14.32 | 57.28 | 0.95 hours | 1 hour |
| | | 5 | 17.9 | 71.6 | 1.20 hours | 1 hour and 15 minutes |
| | | 6 | 21.48 | 85.92 | 1.43 hours | 1 hour and 30 minutes |
| | | 7 | 25.06 | 100.24 | 1.67 hours | 1 hour and 45 minutes |
| | | 8 | 28.64 | 114.56 | 1.91 hours | 2 hours |
| | | 9 | 32.22 | 128.88 | 2.15 hours | *2 hours and 15 minutes |
| | | 10 | 35.8 | 143.2 | 2.39 hours | *2 hours and 30 minutes |
| 7 | 3 minutes, 40 seconds (3.67 minutes) | 4 | 14.68 | 58.72 | 0.98 hours | 1 hour |
| | | 5 | 18.35 | 73.4 | 1.22 hours | 1 hour and 15 minutes |
| | | 6 | 22.02 | 88.08 | 1.47 hours | 1 hour and 30 minutes |
| | | 7 | 25.69 | 102.76 | 1.71 hours | 1 hour and 45 minutes |
| | | 8 | 29.36 | 117.44 | 1.96 hours | 2 hours |
| | | 9 | 33.03 | 132.12 | 2.20 hours | *2 hours and 15 minutes |
| | | 10 | 36.7 | 146.8 | 2.45 hours | *2 hours and 30 minutes |

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| 8 | 4.5 minutes | 4 | 18 | 72 | 1.2 hours | 1 hour and 15 minutes |
| | | 5 | 22.5 | 90 | 1.5 hours | minutes |
| | | 6 | 27 | 108 | 1.8 hours | 2 hours |
| | | 7 | 31.5 | 126 | 2.1 hours | 2 hours and 15 minutes |
| | | 8 | 36 | 144 | 2.4 hours | 2 hours and 30 minutes |
| | | 9 | 40.5 | 162 | 2.7 hours | *2 hours and 45 minutes |
| | | 10 | 45 | 180 | 3 hours | *3 hours |
| 9 | 5 minutes | 4 | 20 | 80 | 1.33 hours | 1 hour and 30 minutes |
| | | 5 | 25 | 100 | 1.67 hours | 1 hour and 45 minutes |
| | | 6 | 30 | 120 | 2 hours | 2 hours |
| | | 7 | 35 | 140 | 2.33 hours | 2 hours and 30 minutes |
| | | 8 | 40 | 160 | 2.67 hours | 2 hours and 45 minutes |
| | | 9 | 45 | 180 | 3 hours | *3 hours |
| | | 10 | 50 | 200 | 3.33 hours | *3 hours and 15-30 minutes |
| 10 | 6 minutes | 4 | 24 | 96 | 1.6 hours | 1 hour and 45 minutes |
| | | 5 | 30 | 120 | 2 hours | At least 2 hours |
| | | 6 | 36 | 144 | 2.4 hours | 2 hours and 30 minutes |
| | | 7 | 42 | 168 | 2.8 hours | 3 hours |
| | | 8 | 48 | 192 | 3.2 hours | 3 hours and 15 minutes |
| | | 9 | 54 | 216 | 3.6 hours | *3 hours and 45 minutes |
| | | 10 | 60 | 240 | 4 hours | *4 hours |
| HP | 7 minutes (not recommended to have rotations greater than 8) | 4 | 28 | 112 | 1.87 hours | 2 hours |
| | | 5 | 35 | 140 | 2.33 hours | 2 hours and 30 minutes |
| | | 6 | 42 | 168 | 2.8 hours | 3 hours |
| | | 7 | 49 | 196 | 3.27 hours | minutes |
| | | 8 | 56 | 224 | 3.73 hours | 3 hours and 45 minutes |
| | | 9 | 63 | 252 | 4.2 hours | *4 hours and 15 minutes |
| | | 10 | 70 | 280 | 4.67 hours | *5 hours |
| Xcel Bronze | 2 minutes | 4 | 8 | 32 | 0.53 hours | 45 minutes |
| | | 5 | 10 | 40 | 0.67 hours | 45 minutes |
| | | 6 | 12 | 48 | 0.80 hours | 1 hour |
| | | 7 | 14 | 56 | 0.93 hours | 1 hour |
| | | 8 | 16 | 64 | 1.07 hours | 1 hour and 10-15 minutes |
| | | 9 | 18 | 72 | 1.20 hours | *1 hour and 15-20 minutes |
| | | 10 | 20 | 80 | 1.33 hours | *1 hour and 30 minutes |
| Xcel Silver | 2 minutes, 35 seconds (2.58 minutes) | 4 | 10.32 | 41.28 | 0.69 hours | At least 45 minutes |
| | | 5 | 12.9 | 51.6 | 0.86 hours | 1 hour |
| | | 6 | 15.48 | 61.92 | 1.03 hours | 1 hour and 5-10 minutes |
| | | 7 | 18.06 | 72.24 | 1.20 hours | minutes |
| | | 8 | 20.64 | 82.56 | 1.38 hours | 1 hour and 20-30 minutes |
| | | 9 | 23.22 | 92.88 | 1.55 hours | *1 hour and 40-45 minutes |
| | | 10 | 25.8 | 103.2 | 1.72 hours | * At least 1 hour and 45 minutes |
| Xcel Gold | 3 minutes | 4 | 12 | 48 | 0.80 hours | 1 hour |
| | | 5 | 15 | 60 | 1 hour | 1 hour |
| | | 6 | 18 | 72 | 1.20 hours | 1 hour, 15 minutes |
| | | 7 | 21 | 84 | 1.40 hours | 1 hour, 30 minutes |
| | | 8 | 24 | 96 | 1.60 hours | 1 hour, 45 minutes |
| | | 9 | 27 | 108 | 1.80 hours | *2 hours |
| | | 10 | 30 | 120 | 2 hours | *2 hours |

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| Xcel Platinum | 3 minutes, 45 seconds (3.75 minutes) | 4 | 15 | 60 | 1 hour | At least 1 hour |
| | | 5 | 18.75 | 75 | 1.25 hours | minutes |
| | | 6 | 22.5 | 90 | 1.5 hours | At least 1.5 hours |
| | | 7 | 26.25 | 105 | 1.75 hours | More than 1.75 hours |
| | | 8 | 30 | 120 | 2 hours | At least 2 hours |
| | | 9 | 33.75 | 135 | 2.25 | *At least 2.25 hours |
| | | 10 | 37.5 | 150 | 2.5 | *At least 2.5 hours |
| Aspire | 5.5 minutes | 4 | 22 | 88 | 1.47 hours | 1 hour, 30 minutes |
| | | 5 | 27.5 | 110 | 1.83 hours | 2 hours |
| | | 6 | 33 | 132 | 2.20 hours | 2 hours, 15 minutes |
| | | 7 | 38.5 | 154 | 2.57 hours | 2 hours, 45 minutes |
| | | 8 | 44 | 176 | 2.93 hours | 3 hours |
| | | 9 | 49.5 | 198 | 3.30 hours | *3 hours, 30 minutes |
| | | 10 | 55 | 220 | 3.67 hours | *3 hours, 45 minutes |

ALWAYS ROUND UP FOR FULL SESSION TIME