

TIME PER SESSION

All calculated times are exact.

Competition Time in Hours/Minutes is exact in some cases and rounded up in others.

Always round up/add more time.

Depending on how many athletes are in the session, it is recommended that 10-15 minutes be

If your event is near the beginning of the season, be sure to add more time.

Allow more buffer time for the first session of the day.

Please note that rotations of no more than 8 athletes are encouraged. 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. ALWAYS ROUND UP FOR FULL SESSION TIME

OCP FORMAT						
Level	Time Per Athlete	Largest Rotation	Minutes Per Rotation	x 4 Rotations	Divided by 60 Minutes	Competition Time in Hours/Minutes
1	2 minutes, 5 seconds (2.08 minutes)	4	8.32	33.28	.55 hours	Between 35 and 45 minutes
		5	10.4	41.6	.69 hours	45 minutes
		6	12.48	49.92	.83 hours	1 hour
		7	14.56	58.24	.97 hours	1 hour
		8	16.64	66.56	1.11 hours	1 hour and 15 minutes
		9	18.72	74.88	1.25 hours	1 hour and 15 minutes
		10	20.8	83.2	1.39 hours	1 hour and 30 minutes
2	2 minutes, 10 seconds (2.16 minutes)	4	8.64	34.56	0.58 hours	45 minutes
		5	10.8	43.2	0.72 hours	At least 45 minutes
		6	12.96	51.84	0.86 hours	1 hour
		7	15.12	60.48	1 hour	At least 1 hour
		8	17.28	69.12	1.15 hours	1 hour, 15 minutes
		9	19.44	77.76	1.3 hours	1 hour and 30 minutes
		10	21.6	86.4	1.44 hours	1 hour and 30 minutes
3	2 minutes, 25 seconds (2.42 minutes)	4	9.68	38.72	0.65 hours	45 minutes
		5	12.1	48.4	0.81 hours	1 hour
		6	14.52	58.08	0.97 hours	1 hour
		7	16.94	67.76	1.13 hours	1 hour, 15 minutes
		8	19.36	77.44	1.3 hours	1 hour, 30 minutes
		9	21.78	87.12	1.45 hours	1 hour, 30 minutes
		10	24.2	96.8	1.61 hours	1 hour, 45 minutes
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	1 hour
		6	18.48	73.92	1.23 hours	1 hour, 15 minutes
		7	21.56	86.24	1.44 hours	1 hour, 30 minutes
		8	24.64	98.56	1.64 hours	1 hour, 45 minutes
		9	27.72	110.88	1.85 hours	2 hours
		10	30.8	123.2	2.05 hours	2 hours
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, 15 minutes
		6	19.02	76.08	1.27 hours	1 hour, 15 minutes
		7	22.19	88.76	1.48 hours	1 hour, 30 minutes
		8	25.36	101.44	1.70 hours	1 hour, 45 minutes
		9	28.53	114.12	1.9 hours	2 hours
		10	31.7	126.8	2.11 hours	2 hours, 15 minutes

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OCP FORMAT						
Level	Time Per Athlete	Largest Rotation	Minutes Per Rotation	x 4 Rotations	Divided by 60 Minutes	Competition Time in Hours/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, 15 minutes
		6	21.48	85.92	1.43 hours	1 hour, 30 minutes
		7	25.06	100.24	1.67 hours	1 hour, 45 minutes
		8	28.64	114.56	1.91 hours	2 hours
		9	32.22	128.88	2.15 hours	2 hours, 15 minutes
		10	35.8	143.2	2.39 hours	2 hours, 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, 15 minutes
		6	22.02	88.08	1.47 hours	1 hour, 30 minutes
		7	25.69	102.76	1.71 hours	1 hour, 45 minutes
		8	29.36	117.44	1.96 hours	2 hours
		9	33.03	132.12	2.2 hours	2 hours, 15 minutes
		10	36.7	146.8	2.45 hours	2 hours, 30 minutes
8	4.5 minutes	4	18	72	1.2 hours	1 hour, 15 minutes
		5	22.5	90	1.5 hours	1 hour, 30 minutes
		6	27	108	1.8 hours	2 hours
		7	31.5	126	2.1 hours	2 hours, 15 minutes
		8	36	144	2.4 hours	2 hours, 30 minutes
		9	40.5	162	2.7 hours	2 hours, 45 minutes
		10	45	180	3 hours	3 hours
9	5 minutes	4	20	80	1.33 hours	1 hour, 30 minutes
		5	25	100	1.67 hours	1 hour, 45 minutes
		6	30	120	2 hours	2 hours
		7	35	140	2.33 hours	2 hours, 30 minutes
		8	40	160	2.67 hours	2 hours, 45 minutes
		9	45	180	3 hours	3 hours
		10	50	200	3.33 hours	3 hours, 15 minutes
10	6 minutes	4	24	96	1.6 hours	1 hour, 45 minutes
		5	30	120	2 hours	2 hours
		6	36	144	2.4 hours	2 hours, 30 minutes
		7	42	168	2.8 hours	3 hours
		8	48	192	3.2 hours	3 hours, 15 minutes
		9	54	216	3.6 hours	3 hours, 45 minutes
		10	60	240	4 hours	4 hours
HP	7 minutes	4	28	112	1.87 hours	2 hours
		5	35	140	2.33 hours	2 hours, 30 minutes
		6	42	168	2.8 hours	3 hours
		7	49	196	3.27 hours	3 hours, 15 minutes
		8	56	224	3.73 hours	3 hours, 45 minutes
		9	63	252	4.2 hours	4 hours, 15 minutes
		10	70	280	4.67 hours	5 hours

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OCP FORMAT						
		Largest Rotation	Minutes Per Rotation	x 4 Rotations	Divided by 60 Minutes	Competition Time in Hours/Minutes
Xcel Bronze	1 minute, 45 seconds (1.75 minutes)	5	8.75	35	0.58 hours	45 minutes
		6	10.5	42	0.70 hours	45 minutes
		7	12.25	49	0.82 hours	1 hour
		8	14	56	0.93 hours	1 hour
		9	15.75	63	1.05 hours	1 hour, 15 minutes
		10	17.5	70	1.17 hours	1 hour, 15 minutes
Xcel Silver	2 minutes, 20 seconds (2.33 minutes)	4	9.32	37.28	0.62 hours	45 minutes
		5	11.65	46.6	0.78 hours	1 hour
		6	13.98	55.92	0.93 hours	1 hour
		7	16.31	65.24	1.09 hours	1 hour, 15 minutes
		8	18.64	74.56	1.24 hours	1 hour, 15 minutes
		9	20.97	83.88	1.40 hours	1 hour, 30 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
Aspire 1 & 2	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