

Xcel, Compulsory and Optional Warm up Times

Xcel Bronze		Xcel Silver		Xcel Gold		Levels 1-5		Level 6 & 7			Level 8, 9, 10		Bars Level 9 & 10		
VT UB BB 30 sec each		VT UB BB 45 sec each		VT UB BB 1 min each		VT UB BB 1 min each		Beam 1:20 min			(Lv 8 UB)/BB/VT 2 mins		Level 9 & 10 2:30 min		
								Bars 1:30 min			4 mins single/salto				
								Vault 1 min (1:30 single)							
# athletes		# athletes		# athletes		# athletes		# athletes			# athletes		# athletes		
1	30 sec	1	45 sec	1	1:00	1	1:00	1	1:20	1	1:30	1	2:00	1	2:30
2	1:00	2	1:30	2	2:00	2	2:00	2	2:40	2	3:00	2	4:00	2	5:00
3	1:30	3	2:15	3	3:00	3	3:00	3	3:60	3	4:30	3	6:00	3	7:30
4	2:00	4	3:00	4	4:00	4	4:00	4	4:80	4	6:00	4	8:00	4	10:00
5	2:30	5	3:45	5	5:00	5	5:00	5	6:00	5	7:30	5	10:00	5	12:30
6	3:00	6	4:30	6	6:00	6	6:00	6	7:20	6	9:00	6	12:00	6	15:00
7	3:30	7	5:15	7	7:00	7	7:00	7	8:40	7	10:30	7	14:00	7	17:30
8	4:00	8	6:00	8	8:00	8	8:00	8	9:60	8	12:00	8	16:00	8	20:00
9	4:30	9	6:45	9	9:00	9	9:00	9	10:80	9	13:30	9	18:00	9	22:30
10	5:00	10	7:30	10	10:00	10	10:00	10	12:00	10	15:00	10	20:00	10	25:00
11	5:30	11	8:15	11	11:00	11	11:00	11	13:20	11	16:30	11	22:00	11	27:30
12	6:00	12	9:00	12	12:00	12	12:00	12	14:40	12	18:00	12	24:00	12	30:00

Floor 4 min (+ 1:00 for the first 3 athletes only)

Beam Bump Start Bars/Vault split @ 9 Floor split @ 11

Max Floor routine Times

Xcel Bronze	Xcel Silver	Xcel Gold	Levels 1-5	Level 6	Level 7	Level 8, 9, 10
45 sec	1:00 min	1:00 min	Set music	1:15	1:30	1:30

Beam Routine Times

Xcel Bronze		Xcel Silver		Xcel Gold		Levels 6		Level 7		Level 8, 9 & 10	
Ding Times		Ding Times		Ding Times		Ding Times		Ding Times		Ding Times	
1	35 sec	1	40 sec	1	50 sec	1	1:05	1	1:10	1	1:20
2	45 sec	2	50 sec	2	1:00 min	2	1:15	2	1:20	2	1:30

Levels 1		Level 2		Level 3		Level 4		Level 5	
Ding Times		Ding Times		Ding Times		Ding Times		Ding Times	
1	25 sec	1	30 sec	1	45 sec	1	55 sec	1	1:00
2	35sec	2	40 sec	2	55sec	2	1:05	2	1:10