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| **2023 Time Schedule** |
| **Friday January 20** |  |  |
| **Session** | **Open Stretch** | **Awards** |  |  |
| 1 | 8:00 | 11:00 | Session 1 | Level 3 |
| 2 | 11:30 | 1:30 | Session 2 | Xcel Silver |
| 3 | 2:00 | 5:00 | Session 3 | Level 4 |
| 4 | 5:30 | 7:00 | Session 4 | Level 2 |
| 5 | 7:30 | 9:15 | Session 5 | Xcel Gold &Xcel Bronze |
|  |  |  |  |  |
| **Saturday January 21** |  |  |
| **Session** | **Open Stretch** | **Awards** |  |  |
| 6 | 8:00 | 11:30 | Session 6 | Level 8 |
| 7 | 12:00 | 2:00 | Session 7  | Xcel Diamond |
| 8 | 2:30 | 6:00 | Session 8 | Level 9 & 10 |
| 9 | 6:15 | 9:45 | Session 9  | Xcel Platinum |
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| **Sunday January 22** |  |  |
| **Session** | **Open Stretch** | **Awards** |  |  |
| 10 | 8:00 | 11:00 | Session 10 | Level 7 |
| 11 | 11:00 | 2:00 | Session 11 | Level 6 |
| 12 | 2:00 | 4:15 | Session 12 | Level 5 |

