



Alberta Xcel Championships

Where:

Capital City Gymnastics Centre
4130 101 St
Edmonton, AB

Eligibility

All Xcel athletes: Bronze, Silver, Gold, Platinum, and Diamond

Rules and Regulations:

- Current Women's Xcel Code of Points
- Current Women's Program Technical Handbook

Registration:

- Registration Opens: Friday, February 18th, 2022
- Registration Deadline: Friday, March 25th, 2022
- Late Registration Deadline: Tuesday, April 12th with a \$35 late fee
- Cost: \$125/athlete
- Credit card or cheque made payable to Capital City Gymnastics Centre
- Registration Link:
<https://www.sportzsoft.com/meet/meetWeb.dll/MeetLogin?Id=D466A20A48FB6188AD3701D1F34C3546>

Awards:

All-Around	1st – 3rd place	A.G.F. Large Medals
Events	1st – 3rd place	A.G.F. Small Medals
All-Around & Events	4th – 8th place	A.G.F. Ribbons

Entry Fee Refund requests:

Entry Fee Refund requests must be completed on the Entry Fee Refund Form (Appendix 9) and submitted to the A.G.F. Women's Program Coordinator (c/o the A.G.F. office).

- If Entry Fee refund form is submitted 9 business days prior to the event, a full refund will be issued minus a \$25 administration fee
- If Entry Fee refund form is between 5 and 8 days prior to the event, a full refund will be given minus a \$35 late administration fee
- If Entry Fee refund form is submitted less than 5 business days prior to the event, no refund will be issued
 - Exception: Full entry fee will be refunded for medical reasons at any time prior to the start of the event- a medical note may be required upon request.

Draws:

- Athlete List Out: Monday, March 28th, 2022 with Final Schedule
- First Draws Out: Wednesday, April 13th, 2022

- No Changes After: Friday, April 15th, 2022
- Final Draws Out: Tuesday, April 19th, 2022

Alberta Xcel Championships Tentative Schedule

(Please note this schedule is likely to change after the registration deadline of March 25th)

Saturday April 23rd, 2022

Session #1: Bronze Flight 1

Warm-up: 8:30am – 8:45am

Competition: 8:50am – 11:00am

Judges/Coaches Snack Break 11:00am – 11:45am

Session #2: Bronze Flight 2

Warm-up: 11:45am – 12:00pm

Competition: 12:05pm – 2:15pm

Session #3: Silver Flight 1

Warm-up: 2:45pm – 3:00pm

Competition: 3:05pm – 5:15pm

Judges/Coaches Supper Break 5:15pm – 6:00pm

Session #4: Silver Flight 2

Warm-up: 6:00pm – 6:15pm

Competition: 6:20pm – 8:30pm

Sunday, April 24th, 2022

Session #5: Gold

Warm-up: 8:30am – 8:45am

Competition: 8:50am – 11:00am

Session #6: Platinum

Warm-up: 11:45am – 12:00pm

Competition: 12:05pm – 2:15pm

Judges/Coaches Snack Break 11:00am – 11:45am

Session #7: Diamond

Warm-up: 2:45pm – 3:00pm

Competition: 3:05pm – 5:15pm