

~ Xcel Timing Sheets ~

~ Xcel Warm-Up Times ~ Per Athlete ~	
Bronze	30 seconds
Silver	45 seconds
Gold	1 minute
Platinum	1 minute, 30 seconds
Diamond	2 minutes

~ Xcel Beam Routine Times ~		
<i>Level</i>	<i>Max Time</i>	<i>Warning Given</i>
Bronze	45 seconds	35 seconds
Silver	50 seconds	40 seconds
Gold	1 minute	50 seconds
Platinum	1 minute, 15 seconds	1 minute, 05 seconds
Diamond	1 minute, 15 seconds	1 minute, 05 seconds

~ Xcel Beam FALL Time ~			
Fall Time Allowed	1st Warning	2nd Warning	Time
45 seconds	20 seconds remain @ 25 sec	10 seconds remain @ 35 sec	45 seconds TIME
Fall Time Begins when Gymnast contacts mat			
45 second fall period stops when Gymnast leaves floor to remount in preparation to resume routine			

~ Xcel Floor Routine Times ~		
<i>Level</i>	<i>Max Time</i>	<i>Warning Given</i>
Bronze	45 seconds	No warning given
Silver	1 minute	No warning given
Gold	1 minute	No warning given
Platinum	1 minute, 30 seconds	No warning given
Diamond	1 minute, 30 seconds	No warning given

~ Xcel Timing Sheets ~

Bronze Division	
# of Gymnasts	Time
1	30 sec
2	1 min
3	1 min, 30 sec
4	2 min
5	2 min, 30 sec
6	3 min
7	3 min, 30 sec
8	4 min
9	4 min, 30 sec
10	5 min
11	5 min, 30 sec
12	6 min
13	6 min, 30 sec
14	7 min
15	7 min, 30 sec

Silver Division	
# of Gymnasts	Time
1	45 sec
2	1 min, 30 sec
3	2 min, 15 sec
4	3 min
5	3 min, 45 sec
6	4 min, 30 sec
7	5 min, 15 sec
8	6 min
9	6 min, 45 sec
10	7 min, 30 sec
11	8 min, 15 sec
12	9 min
13	9 min, 45 sec
14	10 min, 30 sec
15	11 min, 15 sec

Gold Division	
# of Gymnasts	Time
1	1 min
2	2 min
3	3 min
4	4 min
5	5 min
6	6 min
7	7 min
8	8 min
9	9 min
10	10 min
11	11 min
12	12 min
13	13 min
14	14 min
15	15 min

Platinum Division	
# of Gymnasts	Time
1	1 min, 30 sec
2	3 min
3	4 min, 30 sec
4	6 min
5	7 min, 30 sec
6	9 min
7	10 min, 30 sec
8	12 min
9	13 min, 30 sec
10	15 min
11	16 min, 30 sec
12	18 min
13	19 min, 30 sec
14	21 min
15	22 min, 30

Diamond Division	
# of Gymnasts	Time
1	2 min
2	4 min
3	6 min
4	8 min
5	10 min
6	12 min
7	14 min
8	16 min
9	18 min
10	20 min
11	22 min
12	24 min
13	26 min
14	28 min
15	30 min