

**2024 Lady Luck Invitational  
Meet Schedule**

**Friday, January 12<sup>th</sup>, 2024**

**Jack Gym  
Friday**

**Session J1**

**Xcel Bronze (70)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:00am Compete

**Session J2**

**Level 2 (96)**

11:30am – 11:50am Stretch  
11:50am – 12:00pm Warm up  
12:00pm – 2:30pm Compete

**Session J3**

**Xcel Silver (96)**

3:00pm – 3:20pm Stretch  
3:20pm – 3:30pm Warm up  
3:30pm – 6:00pm Compete

**Session J4**

**Xcel Silver (96)**

6:30pm – 6:50pm Stretch  
6:50pm – 7:00pm Warm up  
7:00pm – 9:30pm Compete

**Queen Gym  
Friday**

**Session Q1**

**Level 3 (90)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:00am Compete

**Session Q2**

**Xcel Gold (96)**

11:30am – 11:50am Stretch  
11:50am – 12:00pm Warm up  
12:00pm – 2:30pm Compete

**Session Q3**

**Level 4 (96)**

3:00pm – 3:20pm Stretch  
3:20pm – 3:30pm Warm up  
3:30pm – 6:00pm Compete

**Session Q4**

**Xcel Platinum (80)**

6:30pm – 6:50pm Stretch  
6:50pm – 7:00pm Warm up  
7:00pm – 9:30pm Compete

**King Gym  
Friday**

**Session K1**

**Level 7 (76)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:00am Compete

**Session K2**

**Level 6 (80)**

11:30am – 12:00pm Stretch  
12:00pm – 12:10 Warm up  
12:10pm – 2:30 Compete

**Session K3**

**Xcel Diamond & Level 6 (80)**

3:00pm – 3:20pm Stretch  
3:20pm – 3:30pm Warm up  
3:30pm – 6:30 Compete

**Session K4**

**Level 5 (96)**

**7:00pm – 7:15pm Stretch**  
**7:15pm – 7:25pm Warm up**  
**7:25pm – 9:30pm Compete**

Modified Capital Cup Format  
Team Awards given each session

**2024 Lady Luck Invitational  
Meet Schedule  
Saturday, January 13<sup>th</sup>, 2024**

**Jack Gym  
Saturday**

**Session J5**

**Xcel Silver (96)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:00am Compete

**Session J6**

**Xcel Bronze (96)**

11:30am – 11:50am Stretch  
11:50am – 12:00pm Warm up  
12:00pm – 2:30pm Compete

**Session J7**

**Xcel Gold (96)**

3:00pm – 3:20pm Stretch  
3:20pm – 3:30pm Warm up  
3:30pm – 6:00pm Compete

**Session J8**

**Xcel Gold (96)**

6:30pm – 6:50pm Stretch  
6:50pm – 7:00pm Warm up  
7:00pm – 9:30pm Compete

**Queen Gym  
Saturday**

**Session Q5**

**Level 9 (64)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:30am Compete

**Session Q6**

**Level 10 (64)**

12:30pm – 12:50pm Stretch  
12:50pm – 1:00pm Warm up  
1:00pm – 4:00pm Compete

**Session Q7**

**Level 9 (64)**

5:00pm – 5:20pm Stretch  
5:20pm – 5:30pm Warm up  
5:30pm – 8:30pm Compete

**King Gym  
Saturday**

**Session K5**

**Level 6 (80)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:30am Compete

**Session K6**

**Level 7 (80)**

12:30pm – 12:50pm Stretch  
12:50pm – 1:00pm Warm up  
1:00pm – 4:00pm Compete

**Session K7**

**Level 8 (64)**

5:00pm – 5:20pm Stretch  
5:20pm – 5:30pm Warm up  
5:30pm – 8:30pm Compete

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**2024 Lady Luck Invitational**  
**Meet Schedule**  
**Sunday, January 14<sup>th</sup>, 2024**

**Jack Gym**  
**Sunday**

**Session J9**

**Xcel Bronze (83)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:30am Compete

**Session J10**

**Level 3 (96)**

12:30pm – 12:50pm Stretch  
12:50pm – 1:00pm Warm up  
1:00pm – 4:00pm Compete

**Session J11**

**Xcel Silver (96)**

5:00pm – 5:20pm Stretch  
5:20pm – 5:30pm Warm up  
5:30pm – 8:30pm Compete

**Queen Gym**  
**Sunday**

**Session Q8**

**Level 4 (96)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:30am Compete

**Session Q9**

**Xcel Gold (83)**

12:30pm – 12:50pm Stretch  
12:50pm – 1:00pm Warm up  
1:00pm – 4:00pm Compete

**Session Q10**

**Xcel Platinum (76)**

5:00pm – 5:20pm Stretch  
5:20pm – 5:30pm Warm up  
5:30pm – 8:30pm Compete

**King Gym**  
**Sunday**

**Session K8**

**Level 8 & Xcel Sapphire (64)**

8:00am – 8:20am Stretch  
8:20am – 8:30am Warm up  
8:30am – 11:30am Compete

**Session K9**

**Level 7 (80)**

12:30pm – 12:50pm Stretch  
12:50pm – 1:00pm Warm up  
1:00pm – 4:00pm Compete

**Session K10**

**Level 8 (50)**

5:00pm – 5:20pm Stretch  
5:20pm – 5:30pm Warm up  
5:30pm – 8:30pm Compete

Modified Capital Cup Format  
Team Awards given each session