



## 2025 Arlington Aerials Invitational Session Times

<u>Friday, January 17th</u>		
<b>Session 1</b>	4:40 PM	<b>Registration</b>
<b>Level 4 &amp; Xcel Gold</b>	5:00 PM	<b>Open Stretch</b>
Apex (2 squads), Arlington Aerials (2 squads), Fairfax, Gymnastics World,	5:20 PM	<b>Flt A Warmup</b>
MEGA-DC (2 squads), YMCA Angels	8:15 PM	<b>Awards</b>
<u>Saturday, January 18th</u>		
<b>Session 2</b>	8:40 AM	<b>Registration</b>
<b>Level 5, 6 &amp; 7</b>	9:00 AM	<b>Open Stretch</b>
Arlington Aerials (2 squads), MEGA-DC (2 squads), YMCA Angels	9:20 AM	<b>Flt A Warmup</b>
	11:00 AM	<b>Awards</b>
<u>Sunday, January 19th</u>		
<b>Session 3</b>	11:25 AM	<b>Registration</b>
<b>Level 8-10, Xcel Platinum and Diamond</b>	11:45 AM	<b>Open Stretch</b>
Apex (2 squads), Arlington Aerials (3 squads), BC Gymnastics, Fairfax,	12:10 PM	<b>Flt A Warmup</b>
Gymnastics World, MEGA-DC, YMCA Angels	4:30 PM	<b>Awards</b>
<u>Sunday, January 19th</u>		
<b>Session 4</b>	5:10 PM	<b>Registration</b>
<b>Xcel Bronze</b>	5:30 PM	<b>Open Stretch</b>
Apex (2 squads), BRAG, Gymnastics World, Suavey Sports, YMCA Angels	5:50 PM	<b>Flt A Warmup</b>
	7:45 PM	<b>Awards</b>
<u>Sunday, January 19th</u>		
<b>Session 5</b>	8:40 AM	<b>Registration</b>
<b>Level 3 &amp; Xcel Silver</b>	9:00 AM	<b>Open Stretch</b>
Apex (L3, 2 squads), Arlington Aerials (L3), BRAG (Silver, 2 squads),	9:20 AM	<b>Flt A Warmup</b>
Fairfax (Silver, 2 squads), Gymnastics World (Silver), YMCA Angels (L3)	12:00 PM	<b>Awards</b>
<u>Sunday, January 19th</u>		
<b>Session 6</b>	12:25 PM	<b>Registration</b>
<b>Xcel Silver</b>	12:45 PM	<b>Open Stretch</b>
Apex (3 squads), Arlington Aerials, YMCA Angels	1:05 PM	<b>Flt A Warmup</b>
	2:30 PM	<b>Awards</b>

*Live scoring will be available at  
MeetScoresOnline.com and myUSAGym.com*