

2025 Stafford Women's Invitational
Session Times

Saturday, January 25th

Gym A

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| Session 1 | 8:00 AM | Open Stretch |
| Xcel Bronze and Level 2 | 11:00 AM | Awards |
| Above The Bar, All American, Astro, Dulles, Gym America (2 squads), Motion,, North Mountain, Paragon (2 squads), TSJ, TWA, Williamsburg (L2), Youth Sports | | |
| Session 2 | 11:15 AM | Open Stretch |
| Xcel Bronze | 2:00 PM | Awards |
| Aerial East (2 squads), GMS, Novaks (2 squads), Stafford Royals, Williamsburg (2 squads) | | |
| Session 3 | 2:15 PM | Open Stretch |
| Xcel Gold | 5:00 PM | Awards |
| Above The Bar, Aerials East (2 Squads), All American (3 squads), North Mountain, Shenandoah Tumblers, Stafford Royals, Williamsburg, Youth Sports (2 squads) | | |
| Session 4 | 5:15 PM | Open Stretch |
| Xcel Gold | 8:00 PM | Awards |
| Astro, Cardinal, CVG, Dulles, Gym America (2 squads), Novaks, Rebounders, TWA | | |

Gym B

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| Session 1 | 9:30 AM | Open Stretch |
| Level 5 and 6 | 11:45 AM | Awards |
| Above The Bar, Apollo, Gym America, Novaks, Rebounders, Shenandoah Tumblers, Stafford Royals, Williamsburg, YMCA Angels | | |
| Session 2 | 12:00 PM | Open Stretch |
| Xcel Platinum | 3:15 PM | Awards |
| Above The Bar, Aerial East (2 squads), All American, Dulles, Gym America, North Mountain, Novaks, Rebounders (2 squads), Shenandoah Tumblers, Stafford Royals, Williamsburg, Youth Sports | | |
| Session 3 | 3:30 PM | Open Stretch |
| Level 7 through 10 | 6:15 PM | Awards |
| Above The Bar, Gym America, Rebounders (3 squads), Shenandoah Tumblers, Stafford Royals (2 squads), Williamsburg, YMCA Angels, Youth Sports | | |

Sunday, January 26th

Gym A

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| Session 5 | 8:00AM | Open Stretch |
| Level 4 | 11:30 AM | Awards |
| Above The Bar, Aerial East (2 squads), Apollo, Cardinal, Gym America, Motion, Novaks, Rebounders, Shenandoah Tumblers, Stafford Royals, TSJ, Williamsburg, YMCA Angels | | |
| Session 6 | 11:45 AM | Open Stretch |
| Level 3 | 1:30 PM | Awards |
| Above The Bar, Aerial East (2 squads), Motion, Novaks, Shenandoah Tumblers, Stafford Royals, TSJ, YMCA Angels | | |
| Session 7 | 1:45 PM | Open Stretch |
| Level 3 | 3:45 PM | Awards |
| Cardnal (2 squads), GMS, Gym America, Rebounders, Williamsburg | | |

Gym B

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| Session 4 | 8:00 AM | Open Stretch |
| Xcel Diamond and Sapphire | 11:00 AM | Awards |
| Aerial East, All American, Dulles, Gym America, North Mountain, Rebounders (2 squads), Shenandoah Tumblers, Stafford Royals, Williamsburg, Youth Sports | | |
| Session 5 | 11:15 AM | Open Stretch |
| Xcel Silver | 2:00 PM | Awards |
| Above The Bar, Astro, CVG, Dulles, North Mountain, Shenandoah Tumblers, TWA, Williamsburg, Youth Sports | | |
| Session 6 | 2:15 PM | Open Stretch |
| Xcel Silver | 5:00 PM | Awards |
| Aerial East (3 squads), All American, GMS, Gym America, Novaks, Rebounders, Stafford Royals (2 squads) | | |