

# March 3rd-5th 2023

## Rock Solid Athletics 12th Annual Invit.

### FRIDAY

\*for Friday - please do not park at the school or the day care

\*\*\*\* doors open at 4:30 for this session \*\*\*\*

#### Session #1 Women's Xcel Silver

Open Stretch	5:00 pm
National Anthem / Prayer	5:20
Warm-Up/Compete	5:30

### SATURDAY

\*\*\*\* doors open at 7:30 \*\*\*\*

#### Session #2 Women's Levels Xcel Bronze & Gold

Open Stretch	8:00 am
National Anthem & Prayer	8:20
Warm-Up/Compete	8:30

\*\*\*\* doors open at 11:30 for this session \*\*\*\*

#### Session #3 Women's Levels 7 & 8

Open Stretch	12:00 pm
National Anthem / Prayer	12:20
Warm-Up/Compete	12:30

\*\*\*\* doors open at 4:30 for this session \*\*\*\*

#### Session #4 Women's Levels 9/10

Xcel Platinum, Diamond & Sapphire  
& Men's Levels 5-10

Open Stretch	5:00 pm
National Anthem / Prayer	5:20
Warm-Up/Compete	5:30

### SUNDAY

\*\*\*\* doors open at 7:30 \*\*\*\*

#### Session #5 Women's Level 6 & Men's Levels 3&4

Open Stretch	8:00 am
National Anthem & Prayer	8:20
Warm-Up/Compete	8:30

\*\*\*\* doors open at 11:00 for this session \*\*\*\*

#### Session #6 Women's Levels 4 & 5

Open Stretch	11:30 am
National Anthem / Prayer	11:50
Warm-Up/Compete	12:00

\*\*\*\* doors open at 3:00 for this session \*\*\*\*

#### Session #7 Women's Levels 1-3

Open Stretch	3:30 pm
National Anthem / Prayer	3:50
Warm-Up/Compete	4:00

admission **cash only**

**Adults \$15**

**Kids 4-12 & seniors \$5**

**Weekend \$25**



See website for hotel info.

You make the dawn and the sunset shout for joy. Psalm 65:8