

2026 Prep 4 States at SPLEX



Friday, March 27,2026			
Session 1			
1A Level 3 Women	ACPR/FREDERICK/CARROLL/ELITE WARRIERS/PRESTON Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-10:00a	Competition
		10:15a	Individual Awards/Team
1B Level 3 Women	ACPR/FREDERICK/CARROLL/ELITE WARRIERS/PRESTON Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-10:00a	Competition
		10:15a	Individual Awards/Team
Session 2			
2A Level 3 Women Xcel Silver Women	HARFORD/ALL PRO/BALTIMORE UNITED/SPLEX 1 SILVER AGE GROUP Modified Capital Cup	10:00-10:30a	Registration
		10:30-11:00a	Stretch & Present
		11:00-12:45p	Competition
		1:00p	Individual Awards/ Team L3
2B Level 3 Women Xcel Silver Women	HARFORD/ALL PRO/BALTIMORE UNITED/SPLEX Modified Capital Cup	10:00-10:30a	Registration
		10:30-11:00a	Stretch & Present
		11:00-12:45p	Competition
		1:00p	Individual Awards/ Team L3
Session 3			
3A Xcel Silver	Modified Capital Cup	12:45-1:15p	Registration
		1:15-1:45p	Stretch & Present
		1:45-4:15p	Competition
		4:30p	Individual Awards/Team
3B Xcel Silver	Modified Capital Cup	12:45-1:15p	Registration
		1:15-1:45p	Stretch & Present
		1:45-4:15p	Competition
		4:30p	Individual Awards/Team
Session 4			
4A Xcel Diamond Xcel Sapphire	Modified Capital Cup ALL AGE GROUPS	4:00-4:30p	Registration
		4:30-5:00p	Stretch & Present
		5:00p-7:15p	Competition
		7:30p	Individual Awards/Team
4B Xcel Diamond Xcel Sapphire	Modified Capital Cup ALL AGE GROUPS	4:00-4:30p	Registration
		4:30-5:00p	Stretch & Present
		5:00p-7:15p	Competition
		7:30p	Individual Awards/Team

2026 Prep 4 States at SPLX



Saturday, March 28,2026			
Session 5			
5A Level 4 Women Level 5 Women	Modified Capital Cup LEVEL 4 3 AGE GROUPS	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-10:15a	Competition
		10:30a	Individual Awards/ Team L5
5B Level 4 Women Level 5 Women	Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-10:15a	Competition
		10:30a	Individual Awards/ Team L5
Session 6			
6A Level 4 Women	Modified Capital Cup	10:00-10:30a	Registration
		10:30-11:00a	Stretch & Present
		11:00-1:00p	Competition
		1:15p	Individual Awards/Team
6B Level 4 Women	Modified Capital Cup	10:00-10:30a	Registration
		10:30-11:00a	Stretch & Present
		11:00-1:00p	Competition
		1:15p	Individual Awards/Team
Session 7			
7A Xcel Platinum Women Level 6 Women	Level 6 /1 AGE GROUP	12:45-1:15p	Registration
	Modified Capital Cup	1:15-1:45p	Stretch & Present
		1:45-5:00p	Competition
		5:15p	Individual Awards/PlatinumTeam
7B Xcel Platinum Women Level 6 Women	Modified Capital Cup	12:45-1:15p	Registration
		1:15-1:45p	Stretch & Present
		1:45-5:00p	Competition
		5:15p	Individual Awards/Platinum Team
Session 8			
8A Level 6 Women	Modified Capital Cup	5:00-5:30p	Registration
		5:30-6:00p	Stretch & Present
		6:00-9:15p	Competition
		9:30p	Individual Awards/Team
8B Level 6 Women	Modified Capital Cup	5:00-5:30p	Registration
		5:30-6:00p	Stretch & Present
		6:00-9:15p	Competition
		9:30p	Individual Awards/Team

2026 Prep 4 States at SPLX



Sunday, March 29,2026			
Session 9			
9A Xcel Gold Women	LEMPOSSIBLE/BALTIMORE/ACPR FREDERICK/ST MARY’S/HARTFORD FLIPS Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-11:30a	Competition
		10:45a	Individual Awards/Team
9B Xcel Gold Women	LEMPOSSIBLE/BALTIMORE/ACPR FREDERICK/ST MARY’S/HARTFORD FLIPS Modified Capital Cup	7:30-8:00a	Registration
		8:00-8:30a	Stretch & Present
		8:30-11:30a	Competition
		10:45a	Individual Awards/Team
Session 10			
10A Xcel Gold Women	COPPERMINE/DOCSIDERS/ELITE READY SET GO/THRIVE/WARRIERS SPLEX Modified Capital Cup	10:45-11:15a	Registration
		11:15-11:45a	Stretch & Present
		11:45-2:15p	Competition
		2:30p	Individual Awards/Team
10B Xcel Gold Women	COPPERMINE/DOCSIDERS/ELITE READY SET GO/THRIVE/WARRIERS SPLEX Modified Capital Cup	10:45-11:15a	Registration
		11:15-11:45a	Stretch & Present
		11:45-2:15p	Competition
		2:30p	Individuals Awards/Team