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| ***Levels 1-2 & Xcel Bronze*** | ***Level 3 & Xcel Silver*** | ***Levels 4-5 & Xcel Gold*** | ***Levels 6-7, Xcel Platinum & Xcel Diamond*** | ***Levels 8-10*** | ***Levels 9-10 UPB State Meet ONLY*** |
| ***30 seconds ea*** | ***45 seconds ea*** | ***1:00 minute ea*** | ***1:30 minutes ea*** | ***2:00 minutes ea*** | ***2:30 minutes ea*** |
| ***# Time*** | ***3*** | ***Time*** | ***#*** | ***Time*** | ***#*** | ***Time*** | ***#*** | ***Time*** | ***#*** | ***Time*** |
| 1 30 sec | 1 | 45 sec | 1 | 1:00 min | 1 | 1:30 min | 1 | 2:00 min | 1 | 2:30 min |
| 2 1:00 min | 2 | 1:30 min | 2 | 2:00 min | 2 | 3:00 min | 2 | 4:00 min | 2 | 5:00 min |
| 3 1:30 min | 3 | 2:15 min | 3 | 3:00 min | 3 | 4:30 min | 3 | 6:00 min | 3 | 7:30 min |
| 4 2:00 min | 4 | 3:00 min | 4 | 4:00 min | 4 | 6:00 min | 4 | 8:00 min | 4 | 10:00 min |
| 5 2:30 min | 5 | 3:45 min | 5 | 5:00 min | 5 | 7:30 min | 5 | 10:00 min | 5 | 12:30 min |
| 6 3:00 min | 6 | 4:30 min | 6 | 6:00 min | 6 | 9:00 min | 6 | 12:00 min | 6 | 15:00 min |
| 7 3:30 min | 7 | 5:15 min | 7 | 7:00 min | 7 | 10:30 min | 7 | 14:00 min | 7 | 17:30 min |
| 8 4:00 min | 8 | 6:00 min | 8 | 8:00 min | 8 | 12:00 min | 8 | 16:00 min | 8 | 20:00 min |
| 9 4:30 min | 9 | 6:45 min | 9 | 9:00 min | 9 | 13:30 min | 9 | 18:00 min | 9 | 22:30 min |
| 10 5:00 min | 10 | 7:30 min | 10 | 10:00 min | 10 | 15:00 min | 10 | 20:00 min | 10 | 25:00 min |
| 11 5:30 min | 11 | 8:15 min | 11 | 11:00 min | 11 | 16:30 min | 11 | 22:00 min | 11 | 27:30 min |
| 12 6:00 min | 12 | 9:00 min | 12 | 12:00 min | 12 | 18:00 min | 12 | 24:00 min | 12 | 30:00 min |







 

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|  |  |  |
| 1 | 20 Sec | 30 Sec |
| 2 | 25 Sec | 35 Sec |
| 3 | 45 Sec | 55 Sec |
| 4 | 55 Sec | 1:05 Min |
| 5 | 1:00 Min | 1:10 Min |
| 6 | 1:05 Min | 1:15 Min |
| 7 | 1:10 Min | 1:20 Min |
| 8 - 10 | 1:20 Min | 1:30 Min |
| Xcel Bronze | 35 Sec | 45 Sec |
| Xcel Silver | 40 Sec | 50 Sec |
| Xcel Gold | 50 Sec | 1:00 Min |
| Xcel Platinum | 1:05 Min | 1:15 Min |
| Xcel Diamond | 1:05 Min | 1:15 Min |

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| ***Level*** | ***Routine Time*** |
| Xcel Bronze | 45 Sec |
| Xcel Silver & Gold | 1:00 minute |
| Xcel Platinum & Diamond | 1:30 minutes |
| Level 6 | 1:15 minutes |
| Levels 8-10 | 1:30 minutes |