

EXCEL IN MOTION SCHEDULE OF EVENTS

LANCASTER, PA

Saturday, January 8, 2022

REGISTRATION OPENS AT 7:00AM

Time	Freedom Hall A Intermediate	Freedom Hall B Intermediate/Advanced	Heritage Ballroom Advanced/Professional
7:30-7:50am	Ballrooms Open for Stretching		
7:50-8:00am	Opening Ceremony		
8:00-9:00am	COMMERCIAL HIP HOP Casie GoShow	JAZZ Lauren Froderman	CONTEMPORARY Alex Wong
9:00-10:00am	JAZZ Lauren Froderman	CONTEMPORARY Alex Wong	JAZZ FUSION Brandon Bryant
10:00-11:00am	CONTEMPORARY Alex Wong	COMMERCIAL HIP HOP Casie GoShow	ANIMATION Cyrus Spencer
11:10-11:55am	AUTOGRAPHS		
11:00-12:30pm	LUNCH & NEWBIE REHEARSAL		
12:30-1:30pm	ANIMATION Cyrus Spencer	JAZZ FUSION Brandon Bryant	JAZZ Lauren Froderman
1:30-2:30pm	JAZZ FUSION Brandon Bryant	ANIMATION Cyrus Spencer	COMMERCIAL HIP HOP Casie GoShow
3:00-6:30pm	COMPETITION		
8:00pm	EXHIBITION SHOW		

EXCEL IN MOTION SCHEDULE OF EVENTS

LANCASTER, PA

Sunday, January 9, 2022

Time	Freedom Hall A Intermediate	Freedom Hall B Intermediate/Advanced	Heritage Ballroom Advanced/Professional
7:45-8:00am	Ballrooms Open for Stretching		
8:00-9:00am	LYRICAL Amelia Lowe	MUSICAL THEATER Amy Yakima	CONTEMPORARY Rory Freeman
9:00-10:00am	CONTEMPORARY HIP HOP Megz	TAP Peter Sabasino	LYRICAL Amelia Lowe
10:00-11:00am	TAP Peter Sabasino	LYRICAL Amelia Lowe	CONTEMPORARY HIP HOP Megz
11:10-11:55pm	AUTOGRAPHS		
11:00-12:15pm	LUNCH & NEWBIE REHEARSAL		
12:15-1:15pm	MUSICAL THEATER Amy Yakima	CONTEMPORARY Rory Freeman	TAP Peter Sabasino
1:15-2:15pm	CONTEMPORARY Rory Freeman	CONTEMPORARY HIP HOP Megz	MUSICAL THEATER Amy Yakima
2:15-2:30pm	CLOSING CEREMONY High Honors Studio & Scholarship Winners Announced		
3:00-8:45pm	COMPETITION		