2015 Region 8 – Level 9 & 10 Championships Format

Due to the tight nature of this event, the below, will be the procedure we will follow:

- 1. Each session will begin with a 20 minute general stretch and coaches meeting.
- 2. As the 20 minutes get close to conclusion, we will ask that the Flight "A" athletes proceed to their first event to prepare for warm-up's as the Flight "B" athletes line up at their first event for a presentation of participating teams.
- 3. When the 20 minutes is up we will begin the first timed warm-up for the Flight "A" athletes. As the flight "A" gymnasts are warming-up, we will do the announcements. Only the flight "B" athletes will be formally lined up but we will announce the teams in flight "A".
- 4. Following flight "A"'s first warm-up we will have everyone stand for the playing of the National Anthem.
- 5. When the anthem concludes, the flight "A" athletes will present themselves to judges and begin competition and the flight "B" gymnasts will begin their first warm-up.
- 6. ALL ROTATIONS will be announced. We will not use "continuous rotation".

While we understand and appreciate that for many this isn't ideal, the number of qualified athletes, dictates that we condense the pre-meet formalities.

Thanks for you understanding. We look forward to a great Championships,

The Region 8 Committee



REGION 8 LEVEL 9/10

REGIONAL CHAMPIONSHIP

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v1

	Com	petition Sch	edule	
	Fric	day, April 17,	2015	
Session #	Description	EndTime	SessionTime	
Session 1	Open Stretch	8:00 AM	8:20 AM	
Level 9's	Intro / 1st WarmUp	8:20 AM	8:40 AM	
Jr 7 = 16	Anthem / Competition	8:40 AM	11:20 AM	3:20
Sr 4 = 19 Sr 6 = 22	Awards	11:20 AM		
Session 2	Open Stretch	11:30 AM	11:50 AM	. — - — - — - — - — - —
Level 9's	Intro / 1st WarmUp	11:50 AM	12:10 PM	
	Anthem / Competition	12:10 PM	2:59 PM	3:30
Jr 2 = 32 Jr 4 = 29	Awards	3:00 PM		
Session 3	Open Stretch	3:00 PM	3:20 PM	
Level 9's	Intro / 1st WarmUp	3:20 PM	3:40 PM	
	Anthem / Competition	3:40 PM	6:29 PM	3:30
Jr 1 = 34 Jr 8 = 28	Awards	6:30 PM		
Session 4	Open Stretch	6:30 PM	6:50 PM	. — . — . — . — . — . — . — . — . — . —
Levels 9 & 10's	Intro / 1st WarmUp	6:50 PM	7:10 PM	
L9-Jr 5 = 17	Anthem / Competition	7:10 PM	9:50 PM	3:20
L9-Jr 5 = 17 L10-Jr C = 43	Awards	9:50 PM		

Please See Attached Age Division Chart for Date Ranges

Saturday, April 18, 2015

Session #	Description	StartTime	EndTime	SessionTime
Session 5	Open Stretch	8:00 AM	8:20 AM	
Levels 9 & 10's	Intro / 1st WarmUp	8:20 AM	8:40 AM	
10 1-0 - 00	Anthem / Competition	8:40 AM	11:29 AM	3:30
L9-Jr 3 = 28 L-10-Jr A = 33	Awards	11:30 AM		
Session 6	Open Stretch	11:30 AM	11:50 AM	. — . — . — . — . — . — .
Levels 9 & 10's	Intro / 1st WarmUp	11:50 AM	12:10 PM	
	Anthem / Competition	12:10 PM	2:50 PM	3:20
L9-Sr 2 = 20 L10-Jr B = 39	Awards	2:50 PM		

REGION 8
LEVEL 9/10

REGIONAL CHAMPIONSHIP

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v1

Competition Schedule												
Session 7	Open Stretch	3:00 PM	3:20 PM									
Levels 9 & 10's	Intro / 1st WarmUp	3:20 PM	3:40 PM									
L9-Sr 7 = 20	Anthem / Competition	3:40 PM	6:20 PM	3:20								
	Awards	6:20 PM										
L10-Jr D = 38												
Session 8	Open Stretch	6:30 PM	6:50 PM									
Levels 9 & 10's	Intro / 1st WarmUp	6:50 PM	7:10 PM									
10 1 6 - 46	Anthem / Competition	7:10 PM	9:50 PM	3:20								
L9-Jr 6 = 16 L10-Sr A = 42	Awards	9:50 PM										

Please See Attached Age Division Chart for Date Ranges

Sunday, April 19, 2015 **StartTime EndTime** SessionTime Session # **Description** Session 9 Open Stretch 8:00 AM 8:20 AM Levels 9 & 10's Intro / 1st WarmUp 8:20 AM 8:40 AM Anthem / Competition 8:40 AM 11:29 AM 3:30 L9-Sr 3 = 22Awards 11:30 AM L10-Sr B = 39Session 10 Open Stretch 11:30 AM 11:50 AM Levels 9 & 10's Intro / 1st WarmUp 11:50 AM 12:10 PM Anthem / Competition 3:20 12:10 PM 2:50 PM L9-Sr 1 = 27Awards 2:50 PM L10-Sr C = 32**Session 11** Open Stretch 3:00 PM 3:20 PM Levels 9 & 10's Intro / 1st WarmUp 3:20 PM 3:40 PM Anthem / Competition 3:30 3:40 PM 6:29 PM L9-Sr 5 = 9L9-Sr 8 = 7Awards 6:30 PM L10-Sr D = 44

Please See Attached Age Division Chart for Date Ranges





prepared by

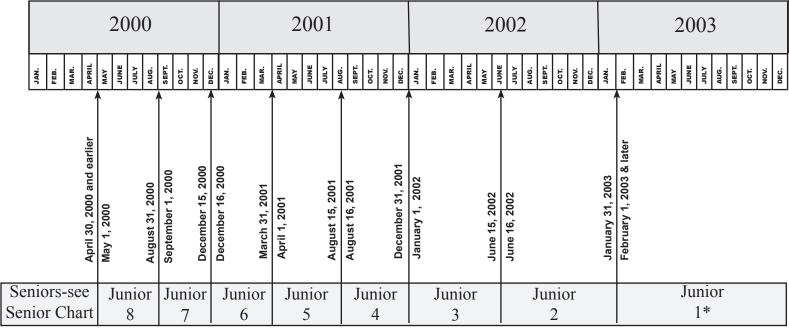
Meet Authority Productions



2015 Level 9



Level 9 JUNIOR Age Divisions for Regions 5-8 for Regional & Eastern Championships



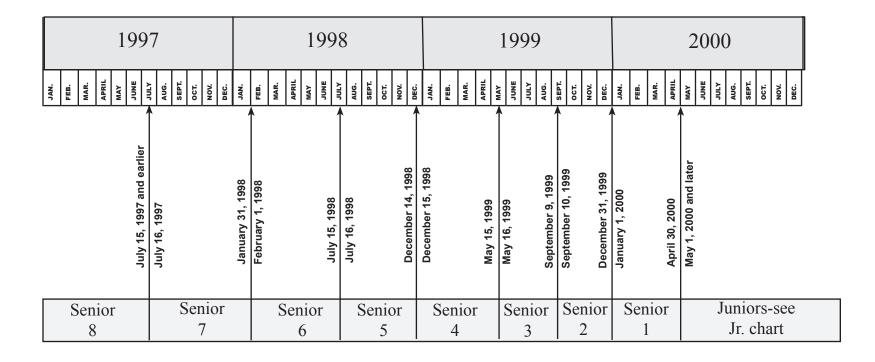
*Athletes must be a minimum of 8 yrs. to compete in any Level 9 competition)



2015 Level 9



Level 9 SENIOR Age Divisions for Regions 5-8 for Regional & Eastern Championships





2015 Level 10



Age Divisions for Level 10 Regional & National Championships 2015

	1997		1	998	3			1999							2000								2001								
JAN. FEB.	APRIL MAY JUNE JULY AUG. SEPT.	NOV.	JAN. FEB.	APRIL	JULY	AUG.	0CT.	NOV.	JAN.	FEB.	MARCH	MAY	JULY	AUG. SEPT.	0CT.	NOV.	JAN.	FEB.	APRIL	MAY	JUNE	AUG.	SEPT.	NOV.	DEC.	JAN.	MARCH	APRIL	JUNE	JULY AUG. SEPT.	NOV.
March 31, 1997 & earlier	April 1, 1997 October 31, 1997	November 1, 1997		May 31, 1998	June 1, 1998			December 31, 1998	January 1, 1999				August 31, 1999	_ L	•				3	May 51, 2000	June 1, 2000								June 30, 2001	July 1, 2001 & later	
Senior D	Senior C	5	enior	В	S	eni	or A	\		Jı	uni	or [)		J	uni	ior	С					J	lun	ior	В				Junio	r A*

*Athletes must be a minimum of 9 yrs. to compete in any Level 10 competition)