

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



REGIONAL CHAMPIONSHIP

Competition Schedule				
Friday, April 17, 2015				
Session #	Description	StartTime	EndTime	SessionTime
Session 1	Open Stretch	8:00 AM	8:20 AM	3:20
Level 9's	Intro / 1st WarmUp	8:20 AM	8:40 AM	
Jr 7 = 16	Anthem / Competition	8:40 AM	11:20 AM	
Sr 4 = 19	Awards	11:20 AM		
Sr 6 = 22				
Session 2	Open Stretch	11:30 AM	11:50 AM	3:30
Level 9's	Intro / 1st WarmUp	11:50 AM	12:10 PM	
Jr 2 = 32	Anthem / Competition	12:10 PM	2:59 PM	
Jr 4 = 29	Awards	3:00 PM		
Session 3	Open Stretch	3:00 PM	3:20 PM	3:30
Level 9's	Intro / 1st WarmUp	3:20 PM	3:40 PM	
Jr 1 = 34	Anthem / Competition	3:40 PM	6:29 PM	
Jr 8 = 28	Awards	6:30 PM		
Session 4	Open Stretch	6:30 PM	6:50 PM	3:20
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	
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	3:30
Levels 9 & 10's	Intro / 1st WarmUp	8:20 AM	8:40 AM	
L9-Jr 3 = 28	Anthem / Competition	8:40 AM	11:29 AM	
L10-Jr A = 33	Awards	11:30 AM		
Session 6	Open Stretch	11:30 AM	11:50 AM	3:20
Levels 9 & 10's	Intro / 1st WarmUp	11:50 AM	12:10 PM	
L9-Sr 2 = 20	Anthem / Competition	12:10 PM	2:50 PM	
L10-Jr B = 39	Awards	2:50 PM		

REGIONAL CHAMPIONSHIP

Competition Schedule

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

Please See Attached Age Division Chart for Date Ranges

Sunday, April 19, 2015

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

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



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	JAN.	FEB.	MAR.	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
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Senior 3																																																
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Juniors-see Jr. chart																																																



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