

## 2016 Region 8 – Level 9 & 10 Championships Format

*The number of qualified athletes has left us with a very tight schedule that has very little if any leeway if we are to finish before 10:00p (Especially on Fri and Sat). We are going to depend on the coaches to warm their athletes up efficiently and to work together. All 12 general stretches will begin ON TIME on the “A” floor even if competition in the prior session is still going. There may or may not be an announcement. Please keep this in mind.*

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