

Level 9-10 Regional Schedule				
Friday, April 8, 2016				
Session #	Description	StartTime	EndTime	
1	Open Stretch	8:00 AM	8:20 AM	
Level 9 - 61	1st WrmUp	8:20 AM	8:36 AM	
JR 1 = 37	Intro	8:20 AM	8:20 AM	
JR 6 = 24	Competition	8:40 AM		
	Awards	11:35 AM		
2	Open Stretch	11:30 AM	11:50 AM	
Level 9 - 62	1st WrmUp	11:50 AM	12:06 AM	
JR 5 = 32	Intro	11:50 AM	11:50 PM	
JR 3 = 30	Competition	12:10 PM		
	Awards	3:05 PM		
3	Open Stretch	3:00 PM	3:20 PM	
Level 9 - 59	1st WrmUp	3:20 PM	3:36 PM	
JR 2 = 29	Intro	3:20 PM	3:20 PM	
SR 2 = 16	Competition	3:40 PM		
SR 5 = 14	Awards	6:35 PM		
4	Open Stretch	6:30 PM	6:50 PM	
Level 9 - 55	1st WrmUp	6:50 PM	7:06 PM	
JR 7 = 17	Intro	6:50 PM	6:50 PM	
SR 1 = 20	Competition	7:10 PM		
SR 6 = 18	Awards	9:45 PM		

Level 9-10 Regional Schedule				
Sunday, April 10, 2016				
Session #	Description	StartTime	EndTime	
9	Open Stretch	8:00 AM	8:20 AM	
Level 10 - 55	1st WrmUp	8:20 AM	8:36 AM	
JR A = 30	Intro	8:20 AM	8:20 AM	
JR B = 25	Competition	8:40 AM		
	Awards	11:15 AM		
10	Open Stretch	11:30 AM	11:50 AM	
Level 10 - 54	1st WrmUp	11:50 AM	12:06 PM	
JR E = 24	Intro	11:50 AM	11:50 AM	
JR F = 30	Competition	12:10 PM		
	Awards	2:45 PM		
11	Open Stretch	2:45 PM	3:05 PM	
Level 10 - 53	1st WrmUp	3:05 PM	3:21 PM	
SR A = 29	Intro	3:05 PM	3:05 PM	
SR B = 24	Competition	3:25 PM		
	Awards	6:00 PM		
12	Open Stretch	6:00 PM	6:20 PM	
Level 10 - 51	1st WrmUp	6:20 PM	6:36 PM	
SR C = 28	Intro	6:20 PM	6:20 PM	
SR D = 23	Competition	6:40 PM		
	Awards	9:15 PM		

Level 9-10 Regional Schedule				
Saturday, April 9, 2016				
Session #	Description	StartTime	EndTime	
5	Open Stretch	8:00 AM	8:20 AM	
Level 9 - 61	1st WrmUp	8:20 AM	8:36 AM	
JR 4 = 30	Intro	8:20 AM	8:20 AM	
JR 8 = 21	Competition	8:40 AM		
SR 7 = 10	Awards	11:35 AM		
6	Open Stretch	11:30 AM	11:50 AM	
Level 9 - 57	1st WrmUp	11:50 AM	12:06 PM	
SR 3 = 20	Intro	11:50 AM	11:50 AM	
SR 4 = 24	Competition	11:50 AM		
SR 8 = 13	Awards	2:45 PM		
7	Open Stretch	3:00 PM	3:20 PM	
Level 10 - 60	1st WrmUp	3:20 PM	3:36 PM	
JR C = 25	Intro	3:20 PM	3:20 PM	
JR D = 35	Competition	3:40 PM		
	Awards	6:35 PM		
8	Open Stretch	6:30 PM	6:50 PM	
Level 10 - 51	1st WrmUp	6:50 PM	7:06 PM	
SR E = 24	Intro	6:50 PM	6:50 PM	
SR F = 27	Competition	7:10 PM		
	Awards	9:45 PM		

2016 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