

2009 South California State Championships

Saturday and Sunday March 14 and 15

Event Schedule for Saturday

Please be prepared for the schedule advances and delays.

Each session will start as soon as the previous session is over.

Each gymnast must turn in her music CDs at registration

<u>Session 1</u>	7:30	Registration and Warm up Level 5 Group A (18)	
8:25 – 8:30		Timed warm up	(8:25- CAR, CLU, 8:27-CAS, EUR, SDR)
8:30 – 9:30 (1h)		Competition Level 5A	- Floor, Rope
<u>Session 2</u>	8:30	Registration and Warm up Level 5 Group B (18)	
9:30 – 9:35		Timed warm up	(9:30 – BRS, LAL, MON, BAG, GRR 9:32–HAG, SAD)
9:35– 10:35(1h)		Competition Level 5B	– Floor, Rope
<u>Session 3</u>	9:10	Registration Level 6 Group A (13)	Warm up starts at 9:30
10:35– 10:40		Timed warm	(10:35 - BAG, CLU, CAR, GRR 10:37–BRS, SDR, CAS)
10:40 – 11:30 (50m)		Competition L6 Group A	– Floor, Hoop
<u>Session 4</u>	10:00	Registration Level 6 Group B (14)	Warm up starts at 10:30
11:30– 11:35		Timed warm	(11:30 – MON, LAL 11:32– EUR, SOC, SAD)
11:35 – 12:25 (50m)		Competition L6 Group B	– Floor, Hoop
12:25		Warm up Group	
12:30		Competition Group CAR	- Floor
12:35 – 1:10 (35m)		Opening Ceremony, Judges Break, Awards Level 5 and 6	- 2 Events
<u>Session 5</u>	11:50	Registration L 9/10 (15)	Warm up starts at 12:20
1:10 – 1:20		Timed warm up	
1:10		Gaghinjian, Cruz, Lator, Chillingworth, Minevich	
1:13		Johnson, Girma, Gon-Gibbs, Lidow, Mezheritsky	
1:16		Khechumyan, Kuznetsova, Kincaid, Feldman, Protto	
1:20 – 2:40(1h20m)		Competition L9/10	- Rope, Hoop
<u>Session 6</u>	1:20	Registration Level 4 (38)	Warm up starts at 1:50
2:40 – 2:50		Timed warm up	(2:40 - CAR, SDR 2:43-CAS, BAG, 2:46 – GRR, LAL,SAD, EUR)
2:50 – 4:20(1h30m)		Competition L4	- Floor, Hoop, Ball
4:20 – 4:40 (20m)		Awards L4, L9 & L10	
<u>Session 7</u>	3:00	Registration Level 7 (20)	Warm up starts at 3:30
4:40 – 4:45		Timed warm up L7	(4:40 - SOC, MON, CAR 4:42 – LAL, EUR, GRR, CAS, SDR, BRS)
4:45 – 6:15 (1h30m)		Competition Level 7	- Floor, Rope
<u>Session 8</u>	4:20	Registration Level 8 (15)	Warm up starts at 4:50
6:15 – 6:20		Timed warm up L 8	(6:15 – CAR, GRR, HAG 6:17 – LAL, MON, SOC)
6:20 – 7:30 (1h10m)		Competition Level 8	– Floor, Rope
7:30		Awards Level 7 and 8	– 2 Events
8:00		End of the first day	

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<u>Session 1</u>	7:30	Registration and Warm up Level 5 Group B (18)	
8:25 – 8:30		Timed warm up	(8:25- BRS, LAL, MON, BAG, GRR 8:27- HAG, SAD)
8:30 – 9:30 (1h)		Competition Level 5B	- Hoop, Ball
<u>Session 2</u>	8:30	Registration and Warm up Level 5 Group A (18)	
9:30 – 9:35		Timed warm up	(9:30 – CAR, CLU 9:32– CAS, EUR, SDR)
9:35– 10:35(1h)		Competition Level 5A	- Hoop, Ball
<u>Session 3</u>	9:10	Registration Level 6 Group B (14)	Warm up starts at 9:30
10:35– 10:40		Timed warm	(10:35 - MON, LAL 10:37– EUR, SOC, SAD)
10:40 – 11:30 (50m)		Competition L6 Group A	- Ball, Clubs
<u>Session 4</u>	10:00	Registration Level 6 Group A (13)	Warm up starts at 10:30
11:30– 11:35		Timed warm	(11:30 – BAG, CLU, CAR, GRR 11:32– BRS, SDR, CAS)
11:35 – 12:25 (50m)		Competition L6 Group B	- Ball, Clubs
12:25		Warm up Group	
12:30		Competition Group CAR	- Hoop
12:35 – 1:10 (35m)		Judges Break, Awards Level 5, 6 and Group - 2 Events and AA	
<u>Session 5</u>	11:50	Registration L 9/10 (15)	Warm up starts at 12:20
1:10 – 1:20		Timed warm up	
1:10		Gaghinjian, Cruz, Lalor, Chillingworth, Minevich	
1:13		Johnson, Girma, Gon-Gibbs, Lidow, Mezheritsky	
1:16		Khechumyan, Kuznetsova, , Kincaid, Feldman, Protto	
1:20 –2:40(1h20m)		Competition L9/10	- Ball, Clubs/Ribbon
2:40 – 3:00 (20m)		Awards L9 & L10	- 2 Events and AA
<u>Session 6</u>	1:30	Registration Level 7 (20)	Warm up starts at 2:00
3:00 –3:05		Timed warm up L7	(3:00 - SOC, MON, CAR 3:02 – LAL, EUR, GRR, CAS,S DR, BRS)
3:05 – 4:35 (1h30m)		Competition Level 7	- Ball, Clubs
<u>Session 8</u>	3:00	Registration Level 8 (15)	Warm up starts at 3:40
4:35 – 4:40		Timed warm up L 8	(4:35 – CAR, GRR, HAG 4:37 – LAL, MON, SOC)
4:40 – 5:50 (1h10m)		Competition Level 8	- Ball, Ribbon
5:50 – 6:20 (30m)		Awards Level 7 and 8	- 2 Events and AA
6:20		End of the State Meet	
		<u>Level 3 Invitational Meet</u>	
5:00		Registration level 3 (18)	Warm up starts at 5:30
6:20 – 6:30		Timed warm up Level 3	
6:30 – 7:20		Competition Level 3	- Floor, Rope, Ball
7:20		Awards Level 3	- Achievement Events Ribbons
7:30		End of the event	