

REGION 1 CHAMPIONSHIPS

LEVELS 7-10 & GROUP

TENTATIVE SCHEDULE

SATURDAY, April 10, 2010

7:30am Gym Opens

SESSION 1 GROUP Intermediate & FIG Junior (3)

8:45 - 9:00 Timed warmup Group (3)

9:00 - 9:45 Group competition (Floor & Ball) (Hoop & Ribbon)

9:45-10:00 Group Awards

SESSION 2 Level 8 (24)

10:00-10:15 Timed warmup L8A

10:15-11:15 L8A competition (Floor & Hoop)

11:15-11:30 Timed warmup L8B

11:30-12:30 L8B competition (Floor & Hoop)

12:30- 1:00 Opening Ceremonies, Awards L8, Lunch Break

SESSION 3 Level 9/10 Junior (12)

1:00 -1:15 Timed warmup L9/10 Junior

1:15 -2:15 L9/10 Junior competition (Rope & Hoop)

SESSION 4 Level 9/10 Senior (15)

2:15 -2:30 Timed warmup L9/10 Senior

2:30 -3:45 L9/10 Senior competition (Rope & Hoop)

3:45 -4:05 L9/10 Awards & Judges Break

SESSION 5 Level 7 (31)

4:05 -4:20 Timed warmup L7A (

4:20 -5:30 L7A competition (Floor & Rope)

5:30 -5:45 Timed warmup L7B

5:45 -6:55 L7B competition (Floor & Rope)

7pm L7 Awards

8:30 - 9:30PM Region 1 Professional Members Meeting, Hampton Inn & Suites

REGION 1 CHAMPIONSHIPS

LEVELS 7-10 & GROUP

TENTATIVE SCHEDULE

SUNDAY, April 11

7:30am Gym Opens

SESSION 1 Level 8 (24)

8:45 - 9:00 Timed warmup L8B

9:00- 10:00 L8B competition (Ball & Ribbon)

10:00-10:15 Timed warmup L8A

10:15-11:15 L8A competition (Ball & Ribbon)

SESSION 2 Level 9/10 Junior (12)

11:15-11:30 Timed warmup L9/10 Junior

11:30-12:30 L9/10 Junior competition (Ball & Clubs)

12:30- 1:30 Awards L8 & L9/10 Junior, Lunch Break

SESSION 3 Level 9/10 Senior (15)

1:30 - 1:45 Timed warmup L9/10 Senior

1:45 - 3:00 L9/10 Senior competition (Ball & Ribbon)

3:00 - 3:30 Awards L9/10 Senior (Judges Break)

SESSION 4 Level 7 (31)

3:30 - 3:45 Timed warmup L7B

3:45 - 4:55 L7B competition (Hoop & Ribbon)

4:55 - 5:10 Timed warmup L7A

5:10 - 6:20 L7A competition (Hoop & Ribbon)

6:30pm L7 Awards