

North CA State 2019 Schedule

Gym address: Pleasant Grove High School 9531 Bond Rd, Elk Grove, CA 95624



Saturday March 16th

Start Time	End time	Event
8:00 AM		Gym Open
8:45 AM	9:00 AM	Timed warmup Level 4 Group A and Group B
	Warmup 1	East Bay, Marin
	Warmup 2	Bravo, Bulanin, Diana's
9:00 AM	10:30 AM	Level 4 Group A 2006-2010 Floor/Rope/Ball (10)
9:40 AM	11:20 AM	Level 4 Group B 2011-2012 Floor/Rope/Ball (13)
11:20 AM	11:30 AM	Timed warmup Level 5 Group A (2007-2009)
	Warmup 1	Diana's
	Warmup 2	Bulanin, East Bay, Tornado, Nino's
11:30 AM	12:40 PM	Level 5 Group A Floor/Rope 2007-2009 (17)
12:40 PM	1:10 PM	<i>Awards level 4</i>
12:45 PM	1:15 PM	<i>Judges Lunch Break</i>
1:10 PM	1:20 PM	Timed warmup Level 5 Group B(2010-2011)
	Warmup 1	East Bay, Nino's, Bulanin, Tornado
	Warmup 2	Diana's
1:20 PM	2:20 PM	Level 5 Group B Floor/Rope 2010-2011 (15)
2:20 PM	2:35 PM	Timed warmup Level 6
	Warmup 1	Diana's
	Warmup 2	Bulanin, Bravo, East Bay, Tornado, Marin, Global
2:35 PM	3:55 PM	Level 6 Floor/Rope (20)
3:55 PM	4:05 PM	Timed warmup Level 7
	Warmup 1	Bravo
	Warmup 2	Nino's, Marin, Diana's, East Bay
4:05 PM	5:00 PM	Level 7 Floor/Hoop (12)
5:00 PM	5:10 PM	Timed warmup Level 8
	Warmup 1	Tornado, East Bay, Nino's, Bravo
	Warmup 2	Marin, Diana's, Global
5:10 PM	6:15 PM	Level 8 Floor/Rope (16)
6:15 PM	<i>Performance</i>	<i>Group FIG Advanced 5 balls Diana's Rhythmic</i>
6:20 PM	6:30 PM	Timed warmup Level 9/10
	Warmup 1	Diana's
	Warmup 2	Marin
6:30 PM	7:40 PM	Level 9/10 two routines (Rope or Hoop/Ball) (11)
7:40 PM		End of day 1

Sunday March 17th

Start Time	End Time	Event
8:00 AM		Gym Open
8:45 AM	9:00 AM	Timed Warmup Xcel B,C
	Warmup 1	Bravo
	Warmup 2	Diana's, Tornado, Bulanin
9:00 AM	10:00 AM	Xcel B, C (16)
10:00 AM	10:10 AM	Timed Warmup Xcel A
	Warmup 1	Bravo, Bulanin
	Warmup 2	Diana's, Tornado, Nino's
10:10 AM	11:10 AM	Xcel A (27)
11:10 AM	11:30 AM	<i>Awards Xcel A,B,C</i>
11:30 AM	11:40 AM	Timed warmup Level 5 Group B (2010-2011)
	Warmup 1	Diana's
	Warmup 2	East Bay, Nino's, Bulanin, Tornado
11:40 PM	12:40 PM	Level 5 Group B Hoop/Clubs 2010-2011 (15)
12:40 PM	12:50 PM	Timed warmup Level 5 Group A (2007-2009)
	Warmup 1	Bulanin, East Bay, Tornado, Nino's
	Warmup 2	Diana's
12:50 PM	2:00 PM	Level 5 Group A Hoop/Clubs 2007-2009 (17)
2:00 PM	2:15 PM	Timed warmup Level 6
	Warmup 1	Bulanin, Bravo, East Bay, Tornado, Marin, Global
	Warmup 2	Diana's
2:15 PM	2:40 PM	<i>Awards Level 5</i>
2:00 PM	2:40 PM	<i>Judges Lunch Break</i>
2:40 PM	4:00 PM	Level 6 Hoop/Ribbon (20)
4:00 PM	4:10 PM	Timed warmup Level 7
	Warmup 1	Marin, Diana's, Global
	Warmup 2	Tornado, East Bay, Nino's, Bravo
4:10 PM	5:00 PM	Level 7 Ball/Clubs (12)
5:00 PM	5:05 PM	Timed warmup Group Nino and Diana's group
5:05 PM	5:08 PM	Group Advanced Floor routine Nino's Rhythmic Club
5:08 PM	<i>Performance</i>	<i>Group FIG Advanced 3 Hoops/2 Clubs Diana's Rhythmic</i>
5:10PM	5:15 PM	Group Adv Ball/Hoop routine Nino's Rhythmic Club
5:15 PM	5:50 PM	<i>Awards Level 6,7 and Group</i>
5:50 PM	6:00 PM	Timed warmup Level 8
	Warmup 1	Marin, Diana's, Global
	Warmup 2	Tornado, East Bay, Nino's, Bravo
6:00 PM	7:10 PM	Level 8 Clubs/Ribbon (16)
7:10 PM	7:20 PM	Timed warmup Level 9/10
	Warmup 1	Marin
	Warmup 2	Diana's
7:20 PM	8:20 PM	Level 9/10 Clubs/Ribbon (11)
8:30 PM	8:50 PM	<i>Awards Level 8, 9, 10</i>
9:00 PM		End of competition