



2020 Northern California State Championships  
 March 7-8  
 Hosted by Diana's Rhythmic Club

## Schedule

\*Timed Warm Up will be given for 5 minutes in the beginning of each session

### Saturday, March 7

Time*	Session
7:00	Gym Opens
8:00-9:00	<b>Xcel A</b> (all events) 60 min
9:00 - 9:45	<b>Level 4</b> (2010-2008, 7 gymnasts, 3 events) 45 min
9:50 - 10:50	<b>Level 4</b> (2011 Jul-Dec, 10 gymnasts, 3 events) 60 min
10:55 - 11:45	<b>Level 4</b> (2011 Jan-Jun, 8 gymnasts, 3 events) 50 min
11:50 - 12:25	<b>Level 4</b> (2012 Jul-Dec, 6 gymnasts, 3 events) 35 min
12:30 - 1:25	<b>Level 4</b> (2014, 2013, 2012 Jan-Jun, 9 gymnasts, 3 events) 55 min
1:25 - 1:55	Judges Break, <b>Level 4 and Xcel A Awards</b> , Groups Timed Warm Up
1:55 - 2:05	<b>Beginners</b> (5 floors), <b>FIG Junior Groups</b> (5 balls) (2 groups)
2:10 - 2:50	<b>Level 5</b> (2011, 2009, 10 gymnasts, 2 events) 40 min
2:55 - 3:40	<b>Level 5</b> (2010, 2008-2006, 11 gymnasts, 2 events) 45 min
3:45 - 4:30	<b>Level 6</b> (2010-2011, 11 gymnasts, 2 events) 45 min
4:35 - 5:20	<b>Level 6</b> (2009, 11 gymnasts, 2 events) 45 min
5:25 - 6:10	<b>Level 6</b> (2008-2006, 10 gymnasts, 2 events) 45 min
6:15 - 7:00	<b>Level 8</b> (11 gymnasts, 2 events) 45 mins
7:00 - 7:45	<b>Level 7</b> (11 gymnasts, 2 events) 45 mins
7:50 - 8:35	<b>Level 9 Jr</b> (2008 - 2006, 11 gymnasts, 2 events) 45min
8:40 - 9:10	<b>Level 9 Jr</b> (2005), <b>Level 9/10 Sr</b> (8 gymnasts, 2 events) 30 mins

## Sunday, March 8

<b>Time*</b>	<b>Session</b>
7:00	Gym Opens
9:00 - 9:45	<b>Level 8</b> (11 gymnasts, 2 events) 45 min
9:50 - 10:35	<b>Level 7</b> (11 gymnasts, 2 events) 45 min
10:40 - 11:10	<b>Level 9 Jr</b> (2008 - 2006, 11 gymnasts, 2 events) 45min
11:15 - 12: 00	<b>Level 9 Jr</b> (2005), <b>Level 9/10 Sr</b> (8 gymnasts, 2 events) 30 mins
12:05 - 12:15	<b>Beginners</b> (5 balls), <b>FIG Junior Groups</b> (5 ribbons) (2 events)
12:15-12:35	Judges Break, <b>Awards Levels 7-9, Groups, Gala</b>
12:35 - 1:20	<b>Level 5</b> (2010, 2008-2006, 11 gymnasts, 2 events) 45 min
1:25 - 2:05	<b>Level 5</b> (2011, 2009, 10 gymnasts, 2 events) 40 min
2:10 - 2:50	<b>Level 6</b> (2008-2006, 10 gymnasts, 2 events) 40 min
2:55 - 3:35	<b>Level 6</b> (2009, 11 gymnasts, 2 events) 40 min
3:40 - 4:20	<b>Level 6</b> (2010-2011, 11 gymnasts, 2 events) 40 min
4:20 - 4:40	<b>Awards Levels 5-6</b>
4:40 - 5:40	<b>Xcel B</b> (10 gymnasts, 3 events)
5:40 - 6:40	<b>Xcel C</b> (8 gymnasts, 3 events)
6:40 - 7:00	<b>Awards Xcel B&amp;C</b>