

Level 9-10 Regional Schedule				
Friday, April 7, 2017				
Session #	Description	StartTime	EndTime	
1	Open Stretch	8:00 AM	8:20 AM	
Level 10	1st WrmUp	8:20 AM	8:36 AM	
J A - 36	Intro	8:36 AM	8:36 AM	
J C - 19	Competition	8:36 AM	10:56 AM	
55	Awards	11:00 AM		
2	Open Stretch	11:30 AM	11:50 AM	
Level 10	1st WrmUp	11:50 AM	12:06 PM	
J B - 33	Intro	12:06 PM	12:06 PM	
J F - 21	Competition	12:06 PM	2:26 PM	
54	Awards	2:30 PM		
3	Open Stretch	2:45 PM	3:05 PM	
Level 10	1st WrmUp	3:05 PM	3:21 PM	
S E - 27	Intro	3:21 PM	3:21 PM	
S F - 32	Competition	3:21 PM	6:01 PM	
59	Awards	6:05 PM		
4	Open Stretch	6:20 PM	6:40 PM	
Level 10	1st WrmUp	6:40 PM	6:52 PM	
J D - 26	Intro	6:52 PM	6:52 PM	
J E - 22	Competition	6:52 PM	8:52 PM	
48	Awards	8:55 PM		

Level 9-10 Regional Schedule				
Saturday, April 8, 2017				
Session #	Description	StartTime	EndTime	
5	Open Stretch	8:00 AM	8:20 AM	
Level 10	1st WrmUp	8:20 AM	8:36 AM	
S A - 21	Intro	8:36 AM	8:36 AM	
S C 29	Competition	8:36 AM	10:56 AM	
50	Awards	11:00 AM		
6	Open Stretch	11:15 AM	11:35 AM	
Level 10	1st WrmUp	11:35 AM	11:51 AM	
S B - 24	Intro	11:51 AM	11:51 AM	
S D - 27	Competition	11:51 AM	2:11 PM	
51	Awards	2:15 PM		
7	Open Stretch	2:45 PM	3:05 PM	
Level 9	1st WrmUp	3:05 PM	3:21 PM	
S4-13, S5-12	Intro	3:21 PM	3:21 PM	
S6-16, S7-6	Competition	3:21 PM	6:01 PM	
S8-12 59	Awards	6:05 PM		
8	Open Stretch	6:20 PM	6:40 PM	
Level 9	1st WrmUp	6:40 PM	6:52 PM	
S1-24, S2-19	Intro	6:52 PM	6:52 PM	
S3-17	Competition	6:52 PM	8:52 PM	
60	Awards	8:55 PM		

PLEASE READ CAREFULLY!

As per Region 8 Rules and Regulations; for Professional Members (coaches to receive complimentary apparel for Easterns and/or JO Nationals, they must be in "Good Standing" with the Region in regard to Training Camps.

"In Good Standing" in regard to Training Camps is defined as meeting at least ONE of the following criteria:

1. Your club hosted a R 8 Training Camp within the last 2 years.
2. Your club sent volunteer coaches to a camp, to actively work with the attending gymnasts within the last 2 years.
3. Your club sent athletes to a Camp within the last 2 years.
4. Your club made a \$1,000 donation to the Regional 8 Apparel Fund before these Regional Championships began.

Please be polite to the apparel room volunteers!

Coaches of clubs that are not in "Good Standing" must purchase all required apparel (on site at Regionals) and wear it at Level 9 Easterns and/or JO Nationals or the USAG Committee from the State in which they reside will be fined.

If you have questions or concerns, find your State Chairperson, Deb Kornegay or Brad Harris.

Level 9-10 Regional Schedule				
Sunday, April 9, 2017				
Session #	Description	StartTime	EndTime	
9	Open Stretch	8:00 AM	8:20 AM	
Level 9	1st WrmUp	8:20 AM	8:36 AM	
J1-19, J2-21	Intro	8:36 AM	8:36 AM	
J3-22	Competition	8:36 AM	11:16 AM	
62	Awards			
10	Open Stretch	11:30 AM	11:50 AM	
Level 9	1st WrmUp	11:50 AM	12:02 PM	
J5 - 24	Intro	12:02 PM	12:02 PM	
J8 - 25	Competition	12:02 PM	2:12 PM	
49	Awards			
11	Open Stretch	2:45 PM	3:05 PM	
Level 9	1st WrmUp	3:05 PM	3:21 PM	
J4-19, J6-20	Intro	3:21 PM	3:21 PM	
J7-21	Competition	3:21 PM	6:01 PM	
60	Awards			