

2010 USA GYMNASTICS WOMEN'S JR. OLYMPIC LEVEL 9 EASTERN CHAMPIONSHIPS

Charleston Civic Center, Charleston, WV April 29-May 2

Host: Maverick Gymnastics, contact: Billy Bob Taylor E-mail: wvtextn@aol.com

Thursday, April 29

Training available at local gyms. Please see the Level 9 Easterns web site for information and available times.

6:30 - 9:00 PM Welcome banquet - Appalachian Power Park
8:00 - 9:00 PM Coaches meeting - Appalachian Power Park; Power Grill

Friday, April 30

COMPETITION DAY 1

SESSION I: COMPETITION FOR JUNIOR 1 & 2 DIVISION

8:30 - 9:00 Open stretch
9:00 - 9:15 March-in and Introductions for all Jr. 1 & 2 athletes
9:20 - 9:35 Flight 1 timed warm-ups
9:35 - 12:15 JR. 1 & 2 COMPETITION
12:15 - 12:45 Awards for Jr. 1 & 2's

SESSION II: COMPETITION FOR JUNIOR 3 & 4 DIVISION

12:30 - 1:00 Open stretch
1:00 - 1:15 March-in and Introductions for all Jr. 3 & 4 athletes
1:20 - 1:35 Flight 1 timed warm-ups
1:35 - 4:15 JR. 3 & 4 COMPETITION
4:15 - 4:45 Awards for Jr. 3 & 4's

SESSION III: COMPETITION FOR JUNIOR 5 & 6 DIVISION

4:30 - 5:00 Open stretch, plus timed warm-up on first event for Flight 1
5:00 - 5:15 March-in and Introductions for all Jr. 5 & 6 athletes
5:20 - 5:35 Flight 1 timed warm-ups
5:35 - 8:15 JR. 5 & 6 COMPETITION
8:15 - 8:45 Awards for Jr. 5 & 6's

Saturday, May 1

COMPETITION DAY 2

SESSION IV: COMPETITION FOR JUNIOR 7 & 8 DIVISION

8:30 - 9:00 Open stretch
9:00 - 9:15 March-in and Introductions for all Jr. 1 & 2 athletes
9:20 - 9:35 Flight 1 timed warm-ups
9:35 - 12:15 JR. 7 & 8 COMPETITION
12:15 - 12:45 Awards for Jr. 7 & 8's

SESSION V: COMPETITION FOR SENIOR 1 & 2 DIVISION

12:30 - 1:00 Open stretch
1:00 - 1:15 March-in and Introductions for all Jr. 3 & 4 athletes
1:20 - 1:35 Flight 1 timed warm-ups
1:35 - 4:15 SR. 1 & 2 COMPETITION
4:15 - 4:45 Awards for Sr. 1 & 2's

SESSION VI: COMPETITION FOR SENIOR 3 & 4 DIVISION

4:30 - 5:30 Open stretch, plus timed warm-up on first event for Flight 1
5:00 - 5:15 March-in and Introductions for all Jr. 5 & 6 athletes
5:20 - 5:35 Flight 1 timed warm-ups
5:35 - 8:18 SR. 3 & 4 COMPETITION
8:15 - 8:45 Awards for Sr. 3 & 4's

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Sunday, May 2

COMPETITION DAY 3

SESSION VII: COMPETITION FOR SENIOR 5 & 6 DIVISION

8:00	-	8:30	Open stretch
8:30	-	8:45	March-in and Introductions for all Senior 5 & 6 athletes
8:50	-	9:05	Flight 1 timed warm-ups
9:05	-	11:45	SR. 5 & 6 COMPETITION
11:45	-	12:15	Awards for Sr. 5 & 6's

SESSION VIII: COMPETITION FOR SENIOR 7 & 8 DIVISION

12:00	-	12:30	Open stretch, plus timed warm-up on first event for Flight 1
12:30	-	12:45	March-in and Introductions for all Sr. 7 & 8 athletes
12:50	-	1:05	Flight 1 timed warm-ups
1:05	-	3:45	SR. 7 & 8 COMPETITION
3:45	-	4:15	Awards for Sr. 7 & 8s