

FINAL – Competition Schedule

(Update as of 2/21/2010 7:53 PM) (Print date 2/21/10)

WEDNESDAY, April 14

Region 1 Board Meeting 3:00 pm-5:00 pm

Technical Meeting 8:00 pm-9:00 pm (*ALL coaches*)

Open training at Venue 4:00 pm-8:00 pm

(*Level 8 – 10 ONLY for open training*)

THURSDAY, April 15

Session 1- Level 8 [(11-13)] {51}

Level 3A (10) {4}

Open Stretch 7:45 am
March in 8:15 am
Comp (MCC – 10 min) **8:30 am**
Awards 11:20 am

Session 2- Level 10 [(14-15)] {74}

Open Stretch 11:00 am
March in 11:30 am
Comp (MCC – 12 min) **11:45 am**
Awards 4:10 pm

Session 3- Level 10 [(16-18)] {78}

Open Stretch 4:00 pm
March in (*grad sen awds*) 4:30 pm
Comp (MCC – 13 min) **4:55 pm**
Awards 9:45 pm

FRIDAY, April 16

Session 4- Level 7 [(10-11), (12+)] {78}

Open Stretch 8:00 am
March in (*grad sen awds*) 8:30 am
Comp (MCC – 11 min) **8:45 am**
Awards 12:35 pm

Session 5- Level 9 [(12-13)] {63}

Open Stretch 12:20 pm
March in 12:50 pm
Comp (MCC – 11 min) **1:05 pm**
Awards 4:50 pm

Session 6- Level 8 [(14-15), (16+)] {36}

Level 9 [(14-15), (16+)] {36}

Open Stretch 4:30 pm
March in (*grad sen awds*) 5:00 pm
Comp (MCC – 12 min) **5:20 pm**
Awards 9:35 pm

SATURDAY, APRIL 17

***Regional Team Clinic** (*at Arena*)

9:00 am- 12:00 pm

Session 7- Lev. 6 [(8-9)], [(12+)] {78}

Open Stretch 11:45 am
Timed WU (10) 12:15 pm
March in 1:15 pm
Competition **1:30 pm**
Awards 4:20 pm

Session 8- EVENT FINALS

L 8(11-18) {5}, L 9(12-18) {5}
L 10(14-15) {5}, L 10(16-18) {5}
Open Stretch 4:15 pm
March in (*service awards*) 4:45 pm
Competition **5:15 pm**
Awards 8:40 pm

Region 1 General Meeting 9:00 pm

SUNDAY, April 18

Session 9- Level 6 [(10), (11)] {72}

Open Stretch 7:30 am
Timed WU (10) 8:00 am
March in 9:00 am
Competition 9:15 am
Awards 11:55 am

Session 10- Level 5 [(7), (8), (9)] {78}

Open Stretch 11:30 am
Timed WU (10) 12:00 pm
March in 1:00 pm
Competition **1:15 pm**
Awards 3:50 pm

Session 11- Level 5 [(10),(11),(12+)] {78}

Open Stretch 3:30 pm
Timed WU (10) 4:00 pm
March in 5:00 pm
Competition **5:15 pm**
Awards 7:50 pm

8:00pm Tear Down – ALL help is appreciated!

***Regional Team Clinic** – the top ten Level 9's (12-13); top ten Level 10's (14-15); and top ten Level 10's (16-18), **MUST** attend the Clinic (Saturday morning) to be a part of the Region 1 Team.

Modified Capitol Cup – Levels 7-10 will be competing modified capitol cup. Immediately following the open stretch, they will march in and start the competition. They will then warm-up one event and compete that event, and then warm-up another event and so on.



2010 USAG MEN'S REGION 1 CHAMPIONSHIPS



NOTES

(Update as of 2/21/2010 7:53 PM) (Print date 2/21/10)

1. Within the session information, you will find the levels and age groups. An age group within a set of parentheses indicates a group for individual awards. Age groups that are grouped with square brackets, denote a group that will combine to form a State's All Star team for that level and age group/s. The number in the "curly brackets" denote the maximum number of gymnasts allotted in that session, the actual number in the session may be less, but not more.
2. As long as the Schedule is "TENTATIVE", the likelihood of minor changes to the times are a possibility.
3. I am continually sending out updated schedules. If you have two schedules, be sure to check the date and time of the update at the top of page 1, and be sure to check these notes for additional information.