

2009
Level 9/10
Region 3 Championships **Tentative Schedule**
@
Thomas Jefferson High School

Friday, April 17, 2009 –

Open Workout for ALL Participating Gymnasts

12:30 pm – 3:00 pm

Coaches you may also pick up your meet packets at this time!!!

Friday, April 17, 2009 –

Session 1 ~ (Level & Age Division to be determined after state meets have be held.)

5:00 pm – 5:30 pm General Stretch / Bar Settings

5:15 pm – 5:25 pm Coaches Meeting

6:00 pm – 6:20 pm Timed Warm up 1st Flight

6:30pm March In ~ Competition Begins

Awards to follow competition!!!

Coaches and Judges Meet & Greet~

Please come and hangout each evening at the Garrity's Sports Bar & Grill in the Hotel following competition. More info later!!!

Saturday, April 18, 2009

Session 2 ~ (Level & Age Division to be determined after state meets have be held.)

8:00 am – 8:30 am General Stretch / Bar Settings

8:15 am – 8:25 am Coaches Meeting

8:30 am – 8:50 am Timed Warm up 1st Flight

9:00am March In ~ Competition Begins

Awards to follow competition!!!

Session 3 ~ (Level & Age Division to be determined after state meets have be held.)

12:30 pm – 1:00 pm General Stretch / Bar Settings

12:45 pm – 12:55 pm Coaches Meeting

1:00 pm – 1:20 pm Timed Warm up 1st Flight

1:30pm March In ~ Competition Begins

Awards to follow competition!!!

Session 4 ~ (Level & Age Division to be determined after state meets have be held.)

5:00 pm – 5:30 pm General Stretch / Bar Settings

5:15 pm – 5:25 pm Coaches Meeting

6:00 pm – 6:20 pm Timed Warm up 1st Flight

6:30pm March In ~ Competition Begins

Awards to follow competition!!!

Sunday, April 19, 2009

Session 5 ~ (Level & Age Division to be determined after state meets have be held.)

8:00 am – 8:30 am General Stretch / Bar Settings

8:15 am – 8:25 am Coaches Meeting

8:30 am – 8:50 am Timed Warm up 1st Flight

9:00am March In ~ Competition Begins

Awards to follow competition!!!

Session 6 ~ (Level & Age Division to be determined after state meets have be held.)

12:30 pm – 1:00 pm General Stretch / Bar Settings

12:45 pm – 12:55 pm Coaches Meeting

1:00 pm – 1:20 pm Timed Warm up 1st Flight

1:30pm March In ~ Competition Begins

Awards to follow competition!!!

5:00pm- END OF ALL EVENTS