



2025 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

THURSDAY, APRIL 10

SESSION 1 **LEVEL 10**

SR C (26), SR F (29)

General Stretch	12:00 PM
Introductions	12:30 PM
Timed Warm Up	12:40 PM
Competition Begins	12:56 PM
Awards	4:01 PM

SESSION 2 **LEVEL 10**

SR B (17), SR D (24), SR E (23)

General Stretch	4:30 PM
Introductions	5:00 PM
Timed Warm Up	5:10 PM
Competition Begins	5:30 PM
Awards	8:31 PM

Qualifiers, including 1st & 2nd alternates, and provisional All-Star qualifiers must attend the Dream Team meeting with a parent immediately following the conclusion of the awards ceremony. After the meeting, athletes will go through processing (apparel & Region 5 media). Please be prepared to stay for approximately 1.5 hours.



2025 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 11

SESSION 3 **LEVEL 10**

JR A (14), JR B (17), JR C (16),
SR A (16)

General Stretch	8:00 AM
Introductions	8:30 AM
Timed Warm Up	8:40 AM
Competition Begins	9:00 AM
Awards	12:01 PM

SESSION 4 **LEVEL 10**

JR D (22), JR E (23), JR F (18)

General Stretch	12:15 PM
Introductions	12:45 PM
Timed Warm Up	12:55 PM
Competition Begins	1:15 PM
Awards	4:16 PM

SESSION 5 **LEVEL 9**

SR 2 (28), SR 8 (34)

General Stretch	4:30 PM
Introductions	5:00 PM
Timed Warm Up	5:10 PM
Competition Begins	5:30 PM
Awards	8:31 PM

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2025 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 12

SESSION 6 **LEVEL 9**

JR 8 (21), SR 1 (20), SR 3(23)

General Stretch	8:00 AM
Introductions	8:30 AM
Timed Warm Up	8:40 AM
Competition Begins	9:06 AM
Awards	12:12 PM

SESSION 7 **LEVEL 9**

JR 1 (12), JR 2 (16), JR 3 (23),
JR 6 (13)

General Stretch	12:15 PM
Introductions	12:55 PM
Timed Warm Up	1:05 PM
Competition Begins	1:21 PM
Awards	4:27 PM

SESSION 8 **LEVEL 9**

JR 4 (17), JR 5 (19), JR 7 (19)

General Stretch	4:30 PM
Introductions	5:00 PM
Timed Warm Up	5:10 PM
Competition Begins	5:34 PM
Awards	8:15 PM

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2025 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 13

SESSION 9

LEVEL 9

SR 4 (27), SR 6 (35)

General Stretch	8:00 AM
Introductions	8:30 AM
Timed Warm Up	8:40 AM
Competition Begins	9:06 AM
Awards	12:07 PM

SESSION 10

LEVEL 9

SR 5 (25), SR 7 (24)

General Stretch	12:15 PM
Introductions	12:45 PM
Timed Warm Up	12:55 PM
Competition Begins	1:17 PM
Awards	3:42 PM

Qualifiers, including 1st & 2nd alternates, and provisional All-Star qualifiers, must attend the Dream Team meeting with a parent immediately following the conclusion of the awards ceremony. After the meeting, athletes will go through processing (apparel & Region 5 media). Please be prepared to stay for approximately 1.5 hours.