



# 2024 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

THURSDAY, APRIL 11

## **SESSION 1**

### **LEVEL 10**

JR F (18), SR A (17), SR C (26)

General Stretch	12:00 PM
Introductions	12:30 PM
Timed Warm Up	12:40 PM
Competition Begins	1:00 PM
Awards	4:01 PM

## **SESSION 2**

### **LEVEL 10**

JR C (17), JR D (18), SR B (27)

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



# 2024 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 12

## **SESSION 3** **LEVEL 10**

JR A (17), JR B (16), SR D (23)

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 E (16), SR E (25), SR F (23)

General Stretch	12:15 PM
Introductions	12:45 PM
Timed Warm Up	12:55 PM
Competition Begins	1:15 PM
Awards	4:21 PM

## **SESSION 5** **LEVEL 9**

SR 3 (18), SR 4 (18), SR 5 (27)

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

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# 2024 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 13

## **SESSION 6** **LEVEL 9**

JR 5 (20), JR 6 (23), JR 7 (21)

General Stretch	8:00 AM
Introductions	8:30 AM
Timed Warm Up	8:40 AM
Competition Begins	8:55 AM
Awards	11:53 AM

## **SESSION 7** **LEVEL 9**

JR 1 (15), JR 2 (13), JR 3 (10),  
JR 4 (19)

General Stretch	12:30 PM
Introductions	1:00 PM
Timed Warm Up	1:10 PM
Competition Begins	1:25 PM
Awards	4:12 PM

## **SESSION 8** **LEVEL 9**

SR 7 (22), SR 8 (27)

General Stretch	4:30 PM
Introductions	5:00 PM
Timed Warm Up	5:10 PM
Competition Begins	5:25 PM
Awards	7:50 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.*



# 2024 LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 14

## **SESSION 9**

### **LEVEL 9**

SR 2 (23), SR 6 (26)

General Stretch	8:00 AM
Introductions	8:30 AM
Timed Warm Up	8:40 AM
Competition Begins	8:55 AM
Awards	11:20 AM

## **SESSION 10**

### **LEVEL 9**

JR 8 (27), SR 1 (20)

General Stretch	11:30 AM
Introductions	12:00 PM
Timed Warm Up	12:10 PM
Competition Begins	12:25 PM
Awards	2:42 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.*