



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 25TH
GYM A

SESSION 1A
LEVEL 6
JR C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:28 AM

SESSION 2A
LEVEL 6
SR A

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:58 PM

SESSION 3A
LEVEL 6
SR B

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:28 PM

SESSION 4A
LEVEL 7
CH A

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:58 PM



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 25TH
GYM B

SESSION 1B
LEVEL 6
CH A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:28 AM

SESSION 2B
LEVEL 6
CH B

General Stretch	12:00 PM
Introductions	12:20 PM
Timed Warm Up	12:30 PM
Competition Begins	12:45 PM
Awards	2:58 PM

SESSION 3B
LEVEL 6
JR A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:28 PM

SESSION 4B
LEVEL 6
JR B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:58 PM



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 26TH
GYM A

SESSION 5A
LEVEL 7
CH B

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:28 AM

SESSION 6A
LEVEL 7
JR A

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:58 PM

SESSION 7A
LEVEL 7
JR B

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:28 PM

SESSION 8A
LEVEL 7
JR C

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:58 PM



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 26TH
GYM B

SESSION 5B
LEVEL 8
CH A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:33 AM

SESSION 6B
LEVEL 8
CH B

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	3:03 PM

SESSION 7B
LEVEL 8
JR A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:33 PM

SESSION 8B
LEVEL 8
JR B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	10:03 PM



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 27TH
GYM A

SESSION 9A
LEVEL 7
SR A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:28 AM

SESSION 10A
LEVEL 7
SR B

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:58 PM



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 27TH
GYM B

SESSION 9B
LEVEL 8
JR C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:33 AM

SESSION 10B
LEVEL 8
SR A

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	3:03 PM

SESSION 11B
LEVEL 8
SR B

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:32 PM



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS

AGE GROUPS

LEVEL 6

CH A1	01/26/15 & LATER
CH A2	07/06/14 - 01/25/15
CH B1	02/11/14 - 07/05/14
CH B2	09/24/13 - 02/10/14
JR A1	07/11/13 - 09/23/13
JR A2	01/24/13 - 07/10/13
JR B1	10/31/12 - 01/23/13
JR B2	08/01/12 - 10/30/12
JR C1	05/09/12 - 07/31/12
JR C2	01/07/12 - 05/08/12
SR A1	09/08/11 - 01/06/12
SR A2	04/14/11 - 09/07/11
SR B1	09/22/10 - 04/13/11
SR B2	09/21/10 & EARLIER



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS

AGE GROUPS

LEVEL 7

CH A1	07/03/14 & LATER
CH A2	10/26/13 - 07/02/14
CH B1	05/08/13 - 10/25/13
CH B2	12/30/12 - 05/07/13
JR A1	09/07/12 - 12/29/12
JR A2	05/25/12 - 09/06/12
JR B1	03/14/12 - 05/24/12
JR B2	11/10/11 - 03/13/12
JR C1	08/21/11 - 11/09/11
JR C2	03/29/11 - 08/20/11
SR A1	11/03/10 - 03/28/11
SR A2	07/13/10 - 11/02/10
SR B1	08/21/09 - 07/12/10
SR B2	08/20/09 & EARLIER



2025 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS

AGE GROUPS

LEVEL 8

CH A1	03/18/13 & LATER
CH A2	08/23/12 - 03/17/13
CH B1	04/23/12 - 08/22/12
CH B2	12/09/11 - 04/22/12
JR A1	08/13/11 - 12/08/11
JR A2	05/07/11 - 08/12/11
JR B1	02/03/11 - 05/06/11
JR B2	11/04/10 - 02/02/11
JR C1	06/10/10 - 11/03/10
JR C2	02/05/10 - 06/09/10
SR A1	08/22/09 - 02/04/10
SR A2	03/07/09 - 08/21/09
SR B1	04/19/08 - 03/06/09
SR B2	4/18/08 & EARLIER