



EVENT SCHEDULE

Tuesday	Registration	4pm – 8pm	
	Training	4pm – 8pm	Training gym only
Wednesday	Training and Opening Ceremony		
	7:30 AM – 5:00 PM – Arrival and coach's check-in – Cox Business Convention Center		
	Training by Region		
	Practice Session 1	8:00am – 10:30am	• Regions 3 & 4
	Practice Session 2	10:30am – 12:45pm	• Regions 5 & 9
	Practice Session 3	12:45pm – 2:45pm	• Regions 7 & 8
	Practice Session 4	2:45pm– 5:00pm	• Regions 1, 2 & 6
	5:00 – 6:00 PM	MANDATORY Technical Meeting for coaches	
	6:15 PM	Gymnasts assemble for Opening Ceremony – Warm-up gym	
	7:00 PM	Doors open for Opening Ceremony	
	7:00 – 8:00 PM	Opening Ceremony	
Thursday	Level 10 • Preliminary Competition		
	<u>Session I – JO Level 10 – Optional</u>		
	8:00-8:20 AM Open Warm-up Stretch		
	8:20-8:40 AM Flight A Timed Warm-up 1 st event		
	8:40-8:50 AM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up		
	8:50-12:15 PM Competition		
	<u>Session II – JO Level 10 – Optional</u>		
	12:30-12:50 PM Open Warm-up Stretch		
	12:50-1:10 PM Flight A Timed Warm-up 1 st event		
	1:10-1:20 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up		
	1:20-4:45 PM Competition		
	<u>Session III – JE Level 10 – Optional</u>		
	5:00-5:20 PM Open Warm-up Stretch		
	5:20-5:40 PM Flight A Timed Warm-up 1 st event		
	5:40-5:50 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up		
	5:50-9:10 PM Competition		
	9:10-9:40 PM Awards for Top 3 Club Team, Top 3 JE Regional Team		

Friday **Levels 8 & 9 • Preliminary Competition**

Session IV – JO Level 8/9 – Optional

8:00-8:20 AM Open Warm-up Stretch

8:20-8:40 AM Flight A Timed Warm-up 1st event

8:40-8:50 AM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up

8:50-12:00 PM Competition

Session V – JO Level 8/9 – Optional

12:15-12:35 PM Open Warm-up Stretch

12:35-12:55 PM Flight A Timed Warm Up 1st event

12:55-1:05 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up

1:05-4:20 PM Competition

Session VI – JE Level 8/9 – Optional

4:30-4:50 PM Open Warm-up Stretch

4:50-5:10 PM Flight A Timed Warm-up 1st event

5:10-5:20 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up

5:20-9:25 PM Competition

9:25-9:55 PM Awards for Top 3 Club Team, Top 3 JE Regional Team

Saturday

Session 1 9:00am Open Warm-up Stretch

Junior Elite Division Level 10 • Technical Sequence

Level 10 (15-16) & Level 10 (17-18)

Level 10 qualifiers to USA Championships will be announced

Session 2 2:00pm Open Warm-up Stretch

Junior Olympic Division • Optional

Level 10 (15-16) & Level 10 (17-18)

Sunday

Session 1 8:00am Open Warm-up Stretch

Junior Elite Division Level 8 & 9 • Technical Sequence

Level 8 (12) & Level 9 (13-14)

National Team meeting to follow

Session 2 1:15pm Open Warm-up Stretch

Junior Olympic Division Level 8 & 9 • Optional

Level 8 (12) & L9 (13-14)