

FINAL EVENT SCHEDULE

A/O 3/16/23



Wednesday, March 29, 2023

Open training at venue (Level 7 - 10 only)

Warm-up gym - is open to ALL Level 7-10 from **3:15pm-8:00pm**

Competition Gym - is scheduled as follows:

Session 1	3:30pm - 5:00pm	Nor Cal
Session 2	5:00pm - 6:30pm	AZ, HI, NV
Session 3	6:30pm - 8:00pm	So Cal
	8:00pm - 9:00pm	Technical Meeting & General Coaches Meeting

Thursday, March 30, 2023

Session 1	Level 9 (16-19) & Level 8JE & 9JE Technical Sequence	3 hr	0 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in competition gym Flight B		
8:20 AM - 8:30 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
8:30 AM - 11:45 AM	Session #1 - March in and Competition		
11:45 AM - 12:45 PM	State AS Team. AA & IE. AAA Recog. Grad. Seniors		
	<i>Level 9 Club Team Awards will take place after Session 6</i>		

Session 2	Level 10 (16-17)	2 hr	50 min
12:05 PM - 12:25 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
12:15 PM - 12:35 PM	Athlete arrival/Open stretch in competition gym Flight B		
12:25 PM - 12:35 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:35 PM - 3:40 PM	Session #2 - March in and Competition		
3:40 PM - 4:40 PM	State Team and Ind. Awds - Qual to J.O. Nat - AAA Recog.? - Grad. Seniors?		
	<i>Level 10 Club Team Awards will take place after Session 3</i>		

Session 3	Level 10 (18-19)	2 hr	20 min
4:00 PM - 4:20 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
4:10 PM - 4:30 PM	Athlete arrival/Open stretch in competition gym Flight B		
4:20 PM - 4:30 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
4:30 PM - 7:05 PM	Session #3 - March in and Competition		
7:05 PM - 8:05 PM	State Team and Ind. Awds - Qual to J.O. Nat - AAA Recog.? - Grad. Seniors?		
	<i>Level 10 Club Team Awards (session 2 & 3 combined)</i>		

Friday, March 31, 2023

Session 4	Level 8 (14-19)	1 hr	55 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in competition gym Flight B		
8:20 AM - 8:30 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
8:30 AM - 10:40 AM	Session #4 - March in and Competition		
10:40 AM - 11:40 AM	State Team and Ind. Awds - AAA Recog.? - Grad. Seniors?		
	<i>Level 8 Club Team Awards will take place after Session 5</i>		

Session 5	Level 8 (12-13)	1 hr	55 min
10:55 AM - 11:15 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
11:05 AM - 11:25 AM	Athlete arrival/Open stretch in competition gym Flight B		
11:15 AM - 11:25 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
11:25 AM - 1:35 PM	Session #5 - March in and Competition		
1:35 PM - 2:35 PM	State Team and Ind. Awds - Qual to J.O. Nat		
	<i>Level 8 Club Team Awards (session 4 & 5 combined)</i>		

Session 6	Level 9 (14-15) & Level 10JE Technical Sequence	3 hr	15 min
2:00 PM - 2:20 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
2:10 PM - 2:30 PM	Athlete arrival/Open stretch in competition gym Flight B		
2:20 PM - 2:30 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
2:30 PM - 6:00 PM	Session #6 - March in and Competition		
6:00 PM - 7:00 PM	State Team and Ind. Awds - Qual to J.O. Nat		
	<i>Level 9 Club Team Awards (session 1 & 6 combined)</i>		

Saturday, April 1, 2023

Session 7	Level 7 (12-19)	3 hr	0 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in competition gym Flight B		
8:20 AM - 8:30 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
8:30 AM - 11:45 AM	Session #7 - March in and Competition		
11:45 AM - 12:55 PM	State AS Team and Individual Awards - AAA Recog.? - Graduating Seniors?		
	Level 7 Club Team Awards		

Session 8	Level 6 (10-19)	2 hr	5 min
12:00 PM - 12:20 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
12:10 PM - 12:30 PM	Athlete arrival/Open stretch in competition gym Flight B		
12:20 PM - 12:30 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:30 PM - 2:50 PM	Session #8 - March in and Competition		
2:50 PM - 3:50 PM	State AS Team and Individual Awards - AAA Recog.? - Graduating Seniors?		
	Level 6 Club Team Awards		

Session 9	Level 5 (8-19)	3 hr	55 min
3:10 PM - 3:30 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
3:20 PM - 3:40 PM	Athlete arrival/Open stretch in competition gym Flight B		
3:30 PM - 3:40 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
3:40 PM - 7:50 PM	Session #9 - March in and Competition		
7:50 PM - 8:50 PM	State AS Team and Individual Awards - AAA Recog.? - Graduating Seniors?		
	Level 5 Club Team Awards		

Sunday, April 2, 2023

Session 10	Level 4 (7-10)	3 hr	0 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in competition gym Flight B		
8:20 AM - 8:30 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
8:30 AM - 11:45 AM	Session #10 - March in and Competition		
11:45 AM - 12:35 PM	State AS Team and Individual Awards - AAA Recog.? - Graduating Seniors?		
	<i>Level 4 Club Team Awards will take place after Session 11</i>		

Session 11	Level 4 (11-19)	2 hr	40 min
12:00 PM - 12:20 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
12:10 PM - 12:30 PM	Athlete arrival/Open stretch in competition gym Flight B		
12:20 PM - 12:30 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:30 PM - 3:25 PM	Session #11 - March in and Competition		
3:25 PM - 4:15 PM	State AS Team; AA & IE Awards. AAA Recog.? Graduating Seniors?		
	Level 4 Club Team Awards (<i>session 10 & 11 combined</i>)		

NOTES

1. State All Star Teams take place in each session.
2. Club Team Awards are one award per LEVEL. If a level is split between 2 sessions, the Club Team Award is awarded after the second session (for that level).
3. The Region 1 L 10 All Star teams will be the top 5 Level 10 **JN** gymnasts in each age division based on AA score.