

2024 R1 Champ - FINAL EVENT SCHEDULE

as of: 3/24/24



Wednesday, April 3, 2024

Open training at venue (Level 7 - 10 only)

Gymnasts can arrive **15 minutes early** to stretch prior to their scheduled time.

Competition Gym - is scheduled as follows:

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

Technical Meeting & General Coaches Meeting

In-person at Event site & Zoom (login info sent by 4/1)

Thursday, April 4, 2024

Session 1	Level 9 (16-19) & Level 8JE & 9JE Technical Sequence	3 hr	15 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in Competition Gym B for 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 - 12:00 PM	Session #1 - March in and Competition		
12:00 PM - 1:00 PM	AA & IE awards - State AS Team - AAA Recog - Grad. Seniors		
Qualification to Western's will take place after session 6 (posted on website)			
<i>Level 9 Club Team Awards will take place after Session 6</i>			

Session 2	Level 10 (16-17)	2 hr	30 min
12:25 PM - 12:45 PM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
12:35 PM - 12:55 PM	Athlete arrival/Open stretch in Competition Gym B for Flight B		
12:45 PM - 12:55 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:55 PM - 3:40 PM	Session #2 - March in and Competition		
3:40 PM - 4:40 PM	AA & IE awards - State AS Team - Qual to Dev Nat - AAA Recog.		
<i>Level 10 Club Team Awards will take place after Session 3</i>			

Session 3	Level 10 (18-19)	3 hr	35 min
4:05 PM - 4:25 PM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
4:15 PM - 4:35 PM	Athlete arrival/Open stretch in Competition Gym B for Flight B		
4:25 PM - 4:35 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
4:35 PM - 8:25 PM	Session #3 - March in and Competition		
8:25 PM - 9:25 PM	AA & IE awards - State AS Team - Qual to Dev Nat - AAA Recog. - Grad. Seniors		
<i>Level 10 Club Team Awards (session 2 & 3 combined)</i>			

Friday, April 5, 2024

Session 4	Level 8 (12-19)	3 hr	15 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in Competition Gym B for 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 - 12:00 PM	Session #4 - March in and Competition		
12:00 PM - 1:00 PM	AA & IE awards - State AS Team - Qual to Dev Nat or Westerns - AAA Recog.		
<i>Level 8 Club Team Awards</i>			
Grad. Seniors			

Session 5	Level 10JE (16-19) Technical Sequence	1 hr	30 min
12:20 PM - 12:40 PM	Athlete arrival/Open stretch in Competition Gym A (<i>all gymnasts</i>)		
12:40 PM - 12:50 PM	Timed warm-up		
12:50 PM - 2:35 PM	Session #5 - March in and Competition		
2:35 PM - 3:05 PM	Technical Sequence Awards (AA only), Qualification into JE at Dev Nationals		

Session 6	Level 9 (14-15)	3 hr	5 min
2:55 PM - 3:15 PM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
3:05 PM - 3:25 PM	Athlete arrival/Open stretch in Competition Gym B for Flight B		
3:15 PM - 3:25 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
3:25 PM - 6:45 PM	Session #6 - March in and Competition		
6:45 PM - 7:45 PM	AA & IE awards - State AS Team - AAA Recog.		
Level 9 (14-15 & 16-19) qualification to Dev Nationals or Westerns			
<i>Level 9 Club Team Awards (session 1 & 6 combined)</i>			

Saturday, April 6, 2024

Session 7	Level 7 (12-19)	2 hr	50 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in Competition Gym B for 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 - 11:35 AM	Session #7 - March in and Competition		
11:35 AM - 12:45 PM	AA & IE awards - State AS Team - Qual to Westerns - AAA Recog- Grad. Seniors Level 7 Club Team Awards		

Session 8	Level 6 (10-19)	2 hr	10 min
11:55 AM - 12:15 PM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
12:05 PM - 12:25 PM	Athlete arrival/Open stretch in Competition Gym B for Flight B		
12:15 PM - 12:25 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:25 PM - 2:50 PM	Session #8 - March in and Competition		
2:50 PM - 3:50 PM	AA & IE awards - State AS Team - AAA Recog. - Graduating Seniors Level 6 Club Team Awards		

Session 9	Level 5 (8-19)	4 hr	0 min
3:10 PM - 3:30 PM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
3:20 PM - 3:40 PM	Athlete arrival/Open stretch in Competition Gym B for 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 - 7:55 PM	Session #9 - March in and Competition		
7:55 PM - 8:55 PM	AA & IE awards - State AS Team - AAA Recog. Level 5 Club Team Awards		

Sunday, April 7, 2024

Session 10	Level 4 (7-10)	3 hr	10 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
8:10 AM - 8:30 AM	Athlete arrival/Open stretch in Competition Gym B for 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 - 11:55 AM	Session #10 - March in and Competition		
11:55 AM - 12:45 PM	AA & IE awards - State AS Team <i>Level 4 Club Team Awards will take place after Session 11</i>		

Session 11	Level 4 (11-19)	3 hr	25 min
12:15 PM - 12:35 PM	Athlete arrival/Open stretch in Competition Gym A for Flight A		
12:25 PM - 12:45 PM	Athlete arrival/Open stretch in Competition Gym B for Flight B		
12:35 PM - 12:45 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:45 PM - 4:25 PM	Session #11 - March in and Competition		
4:25 PM - 5:15 PM	AA & IE awards - State AS Team - AAA Recog. 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 (banners for top 3 teams). 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 **Level 10JN All Star teams** will be the top 5 Level 10JN gymnasts in each age division (16-17 and 18-19) based on AA score. They will compete in the Regional Team session at Dev Nat.
4. **We have a new format this year.**
Old Format - A warm-up gym and a competition gym (with 2 flights, A & B). Gymnasts would warm up in a warm-up gym on one set of equipment and then go out to a competition gym and compete on another set of equipment.
NEW Format - 2 competition gyms. Gymnasts will still be in 2 flights (A & B), but they will now warm-up on the same equipment they compete on!
Competition Gym A is the left gym, **Competition Gym B** is the right gym (from the audience).