

**Region 1 Compulsory Championships Levels 4-6 & Group**  
**Saturday and Sunday May 1-2, 2010**  
**Event Schedule for Saturday**

**Please be prepared for the schedule advances and delays.**

**Each session will start as soon as the previous session is over.**

**Each gymnast must turn in her music CDs at registration**

<b>Session 1</b>	<b>7:30</b>	<b>Registration and Warm up Level 4 A (BRS, JAG, GRR, SDA, PLG, BAG)</b>
<b>8:30 – 8:40</b>		Timed warm up 8:30 – JAG, SDA, SDA 1, SDA2, PLG 8:35 – BRS, BAG, GRR
<b>8:40– 10:05(1h25m)</b>		<u>Competition Level 4 Group A (22) – Floor, Rope, Ball</u>
<b>Session 2</b>	<b>8:30</b>	<b>Registration and Warm up Level 4 B (SDR, JAG, EUR, CAR, EMC, NIN, SOC)</b>
<b>10:05– 10:15</b>		Timed warm up(10:05–SDR, JAG, NIN, EMC 10:10 – SOC, EUR, CAR)
<b>10:15 – 11:40 (1h25m )</b>		<u>Competition L4 Group B (29) – Floor, Rope, Ball</u>
<b>Session 3</b>	<b>10:00</b>	<b>Registration and Warm up L 4 C (LAL, SDR, CAS, RAM, RWE, DIA, NIN, JAG)</b>
<b>11:40– 11:50</b>		Timed warm up (11:40 – CAS, DIA, JAG 11:45 – LAL, RAM, RWE, NIN, SDR)
<b>11:50 – 1:15 (1h25m)</b>		<u>Competition L4 Group C (25) – Floor, Rope, Ball</u>
<b>1:25 – 2:10 (45m)</b>		Opening Ceremony, Judges Break, Awards Level 4
<b>Session 4</b>	<b>12:30</b>	<b>Registration and Warm up Level 5 A (CAS, DIA, LAL, CLU, SDR, SDA, DEL) and Group - CAR</b>
<b>2:00 – 2: 05</b>		Timed warm up Level 5(2:00 - CAS, DIA, SDA, DEL 2:02 – CLU, SDR, LAL)
<b>2:05</b>		Timed warm up group
<b>2:10</b>		Competition Group
<b>2:15 –3:15(1h)</b>		<u>Competition L5 Group A (16) - Floor, Rope</u>
<b>Session 5</b>	<b>2:00</b>	<b>Registration and Warm up Level 5 Group B (SDR, TWS, NIN, EUR, CAR)</b>
<b>3:15 – 3:20</b>		Timed warm up (3:15 – SDR, TWS, NIN 3:17 – EUR, CAR)
<b>3:20 – 4:40(1h20m)</b>		<u>Competition L5 Group B (19) - Floor, Rope</u>
<b>Session 6</b>	<b>3:00</b>	<b>Registration and Warm up Level 5 C (BRS, GRR, GOLD, RWE, CYC)</b>
<b>4:40 –4:45</b>		Timed warm (4:40 – BRS, GOLD, RWE 4:42 – GRR, CYC)
<b>4:45 – 5:55 (1h10m)</b>		<u>Competition L5 Group C (18) - Floor, Rope</u>
<b>5:55 – 6:20 (25m)</b>		Judges Break, Awards Level 5 - 2 events
<b>Session 7</b>	<b>4:30</b>	<b>Registration and Warm up Level 6 Group A (CAR, EUR, NIN, GOLD, SDR)</b>
<b>6:20 – 6:25</b>		Timed warm up (6:20 – CAR, EUR 6:22 – GOLD, NIN, SDR)
<b>6:25 – 7:25 (1h)</b>		<u>Competition L6 Group A (16) - Floor, Rope</u>
<b>Session 8</b>	<b>6:00</b>	<b>Registration and Warm up Level 6 B (BRS, BAG, LAL, NIN, SDA, RWE)</b>
<b>7:25 – 7:30</b>		Timed warm up (7:25 - BAG, BRR, NIN 7:27 – RWE, LAL, SDA)
<b>7:30 – 8:30 (1h)</b>		<u>Competition L6 Group B (14) - Floor, Rope</u>
<b>Session 9</b>	<b>7:00</b>	<b>Registration and Warm up Level 6 Group C (CAS, CLU, DEL, PLG, RAM)</b>
<b>8:30 – 8:35</b>		Timed warm up ( 8:30 – CAS, PLG, RAM 8:32 – CLU, DEL)
<b>8:35 – 9:35 (1h)</b>		<u>Competition L6 Group C (14) - Floor, Rope</u>
<b>9:40</b>		Awards Level 6 – 2 Events and Group
<b>10:00</b>		<b>End of the first day</b>

**Region 1 Compulsory Championships Levels 4-6 & Group**  
**Saturday and Sunday May 1-2, 2010**  
**Event Schedule for Sunday**

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**Each session will start as soon as the previous session is over.**

**Each gymnast must turn in her music CDs at registration**

<u>Session 1</u>	<b>7:30</b>	<b>Registration and Warm up Level 3(16)</b>
<b>8:30 – 9:20 (50m)</b>		<b>Competition L3 (Floor, Rope, Ball)</b>
<u>Session 2</u>	<b>8:00</b>	<b>Registration and Warm up Level 5 C (BRS, GRR, GOLD, RWE, CYC)</b>
<b>9:20 – 9:30</b>		<b>Timed warm up (9:20 – BRS, GOLD, RWE 9:25 – GRR, CYC)</b>
<b>9:30– 10:40(1h10m)</b>		<b>Competition L5 Group C (18) - Hoop, Ball</b>
<u>Session 3</u>	<b>9:00</b>	<b>Registration and Warm up Level 5 A (CAS, SDR, DIA, LAL, CLU, SDA, DEL)</b>
<b>10:40– 10:50</b>		<b>Timed warm up (10:40 - CAS, DIA, SDA,DEL 10:45 – CLU, SDR, LAL)</b>
<b>10:50 – 11:50 (1h )</b>		<b>Competition L5 Group A (16) - Hoop, Ball</b>
<u>Session 4</u>	<b>11:00</b>	<b>Registration and Warm up Level 5 Gr. B (SDR, TWS,NIN, EUR, CAR)</b>
		<b>and Group - CAR</b>
<b>11:50 – 12:00</b>		<b>Timed warm up (11:50 – SDR, NIN, TWS 12:00 – EUR, CAR)</b>
<b>12:00 – 12:05</b>		<b>Timed warm up Group - CAR</b>
<b>12:05 – 1:25(1h20m)</b>		<b>Competition L5 Group B (19) - Hoop, Ball</b>
<b>1:25 – 1:30</b>		<b>Competition Group CAR - Ball</b>
<b>1:30 – 2:15 (45m)</b>		<b>Judges Break, Awards Level 5 - 2 events and AA, Level 3</b>
<b>2:30</b>		<b>JO Team and All Stars warm up sizing in Dance room</b>
<u>Session 5</u>	<b>1:00</b>	<b>Registration and Warm up Level 6 Group C (CAS, CLU, DEL, PLG, RAM)</b>
<b>2:15 – 2:20</b>		<b>Timed warm up ( 2:15 – CAS, PLG, RAM 2:17 – CLU, DEL)</b>
<b>2:20 – 3:20 (1h)</b>		<b>Competition L6 Group C (14) - Ball, Ribbon</b>
<u>Session 6</u>	<b>2:00</b>	<b>Registration and Warm up Level 6 Group A (CAR, EUR, NIN, GOLD, SDR)</b>
<b>3:20 – 3:25</b>		<b>Timed warm up (3:20 – SDR, NIN, GOLD 3:22 – EUR, CAR)</b>
<b>3:25 – 4:25 (1h)</b>		<b>Competition L6 Group A (16) - Ball, Ribbon</b>
<u>Session 7</u>	<b>3:00</b>	<b>Registration and Warm up Level 6 B (BRS, BAG, LAL, NIN, SDA, RWE)</b>
<b>4:25 – 4:30</b>		<b>Timed warm up (4:25 - BAG, BRR, NIN 4:27 – RWE, LAL, SDA</b>
<b>4:30 – 5:30 (1h)</b>		<b>Competition L6 Group B (14) - Ball, Ribbon</b>
<b>5:35 – 6:00</b>		<b>Awards Group, Level 6 – 2 Events and AA.</b>
<b>6:00</b>		<b>JO Team and All Stars warm up sizing in Dance room</b>

**End of the Event**