

## Level 9/10 Regional Championships

Tentative -Session times may change up to 3 hours. Please confirm competition time when you arrive in Nashville.

Memorial Gym - Vanderbilt University

Nashville, TN

### Friday April 17, 2009

<b>Session 1</b>	<b>Level 9</b>	
<b>cc - 56</b>	<b>Jr 1 = 25</b>	<b>3/1/97 &amp; later</b>
	<b>Jr 2 = 31</b>	<b>7/1/96-2/28/97</b>
Stretch		8:30-8:50 AM
Timed Warm up		8:50-9:10 AM
March In		9:10-9:24 AM
Competition		9:24-12:30 PM
Awards		12:30 PM
<b>Session 2</b>	<b>Level 9</b>	
<b>cc - 58</b>	<b>Jr 3 = 10</b>	<b>1/1/96-6/30/96</b>
	<b>Jr 4 = 23</b>	<b>8/16/95-12/31/95</b>
	<b>Jr 5 = 25</b>	<b>4/16/95-8/15/95</b>
Stretch		1:00-1:20 PM
Timed Warm up		1:20-1:36 PM
March In		1:36-1:56 PM
Competition		1:56-5:15 PM
Awards		5:15 PM
<b>Session 3</b>	<b>Level 9</b>	
<b>cc - 50</b>	<b>Jr 6 = 13</b>	<b>12/16/94-4/15/95</b>
	<b>Jr 7 = 14</b>	<b>9/1/94-12/15/94</b>
	<b>Jr 8 = 23</b>	<b>5/11/94-8/31/94</b>
Stretch		5:30-5:50 PM
Timed Warm up		5:50-6:04 PM
March In		6:04-6:19 PM
Competition		6:19-9:15 PM
Awards		9:15 PM

### Saturday April 18, 2009

<b>Session 4</b>	<b>Level 9</b>	
<b>cc - 54</b>	<b>Sr 1 = 18</b>	<b>2/1/94-5/10/94</b>
	<b>Sr 2 = 19</b>	<b>10/1/93-1/31/94</b>
	<b>Sr 3 = 17</b>	<b>6/1/93-9/30/93</b>
Stretch		8:00-8:20 AM
Timed Warm up		8:20-8:35 AM
March In		8:35-8:49 AM
Competition		8:49-11:47 AM
Awards		11:50 AM
<b>Session 5</b>	<b>Level 9</b>	
<b>cc - 61</b>	<b>Sr 4 = 17</b>	<b>2/1/93-5/31/93</b>
	<b>Sr 5 = 11</b>	<b>8/1/92-1/31/93</b>
	<b>Sr 6 = 10</b>	<b>3/1/92-7/31/92</b>
	<b>Sr 7 = 14</b>	<b>6/1/91-2/29/92</b>
	<b>Sr 8 = 9</b>	<b>5/31/91 &amp; Earlier</b>
Stretch		12:00-12:20 PM
Timed Warm up		12:20-12:36 PM
March In		12:36-12:51 PM
Competition		12:51-4:05 PM
Awards		4:10 PM
<b>Session 6</b>	<b>Level 10</b>	
<b>cc - 46</b>	<b>Jr A = 25</b>	<b>3/1/95 &amp; later</b>
	<b>Jr B = 21</b>	<b>3/1/94-2/28/95</b>
Stretch		5:00-5:20 PM
Timed Warm up		5:20-5:34 PM
March In		5:34-5:49 PM
Competition		5:50-8:11 PM
Awards		8:15 PM

### Sunday April 19, 2009

<b>Session 7</b>	<b>Level 10</b>		<b>Session 9</b>	<b>Level 10</b>	
	<b>Jr C = 29</b>	<b>5/18/93-2/28/94</b>		<b>Sr C = 37</b>	<b>5/1/91-10/31/91</b>
	<b>Jr D = 26</b>	<b>11/1/92-5/17/93</b>		<b>Sr D = 20</b>	<b>4/30/91 &amp; Earlier</b>
<b>cc - 55</b>			<b>cc - 57</b>		
Stretch		8:00-8:20 AM	Stretch		4:00-4:20 PM
Timed Warm up		8:20-8:34 AM	Timed Warm up		4:20-4:36 PM
March In		8:34-8:54 AM	March In		4:36-4:56 PM
Competition		8:54-12:00 PM	Competition		4:56-8:08 PM
Awards		12:00 PM	Awards		8:10 PM
<b>Session 8</b>	<b>Level 10</b>				
<b>cc - 48</b>	<b>Sr A = 25</b>	<b>5/1/92-10/31/92</b>			
	<b>Sr B = 23</b>	<b>11/1/91-4/30/92</b>			
Stretch		12:15-12:35 PM			
Timed Warm up		12:35-12:49 PM			
March In		12:49-1:09 PM			
Competition		1:09-3:57 PM			
Awards		4:00 PM			

Please be at competition site 30 minutes prior to set stretch time. If we are ahead of schedule we will begin early.