

## **2009 LEVEL 9 REGIONALS**

**Hosted by** Parkettes National Gymnastics Training Center

Allentown, PA

### **SATURDAY APRIL 18, 2009**

#### **SESSION 1 SR 1 (18), 2 (20), 4 (16) (54)**

7:50 Coaches Meeting

8:15 Stretch

8:45 Timed Warm-up

9:05 March In

12:00 Awards

#### **SESSION 2 SR 3, (34), 5 (23) (57)**

12:30 Coaches Meeting

12:45 Stretch

1:15 Timed Warm-up

1:35 March In

4:30 Awards

#### **SESSION 3 SR 6 (23), 7 (14), 8 (25) (64)**

5:00 Coaches Meeting

5:15 Stretch

5:45 Timed Warm-up

6:10 March In

9:25 Awards and Sr Awards

**SUNDAY APRIL 19, 2009**

**SESSION 1 JR 1 (16), 2 (14), 4 (20) (50)**

7:50 Coaches Meeting

8:15 Stretch

8:45 Timed Warm-up

9:05 March In

11:45 Awards

**SESSION 2 JR 3, (28), 5 (18) (46)**

12:15 Coaches Meeting

12:30 Stretch

1:00 Timed Warm-up

1:20 March In

3:45 Awards

**SESSION 3 JR 6 (14), 7 (23), 8 (15) (52)**

4:15 Coaches Meeting

4:30 Stretch

5:00 Timed Warm-up

5:20 March In

8:00 Awards