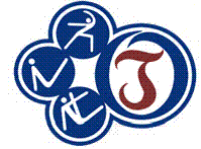




2010 Level 9 & 10 Region VII Championships



Hosted by Ocean Tumblers Gymnastics,
at Oscar Smith High School, Chesapeake, VA
April 9th, 10th and 11th

TENTATIVE SCHEDULE

Friday, April 9th

Session 1

Level 9 - Junior 4, 8, & Senior 2

8:00 AM Coaches meeting
8:30 AM Open stretch
8:50 AM March-in
9:00 AM Warmup-Compete
11:20 AM Awards

Session 2

Level 9 - Senior 1 & 3

11:30 AM Coaches meeting
12:00 PM Open stretch
12:20 PM March-in
12:30 PM Warmup-Compete
2:30 PM Awards

Session 3

Level 9 - Senior 4 & 5

2:45 PM Coaches meeting
3:15 PM Open stretch
3:35 PM March-in
3:45 PM Warmup-Compete
5:45 PM Awards

Session 4

Level 9 - Senior 6, 7 & 8

6:00 PM Coaches meeting
6:30 PM Open stretch
6:50 PM March-in
7:00 PM Warmup-Compete
9:30 PM Awards

Saturday, April 10th

Session 5

Level 9 - Junior 1 & 3

8:00 AM Coaches meeting
8:30 AM Open stretch
8:50 AM March-in
9:00 AM Warmup-Compete
11:15 AM Awards

Session 6

Level 9 - Junior 2 & 5

11:30 AM Coaches meeting
12:00 PM Open stretch
12:20 PM March-in
12:30 PM Warmup-Compete
2:45 PM Awards

Session 7

Level 9 - Junior 6 & 7

2:45 PM Coaches meeting
3:15 PM Open stretch
3:35 PM March-in
3:45 PM Warmup-Compete
6:00 PM Awards

Session 8

Level 10 - Junior A & B

6:00 PM Coaches meeting
6:30 PM Open stretch
6:50 PM March-in
7:00 PM Warmup-Compete
9:20 PM Awards

Sunday, April 11th

Session 9

Level 10 - Junior C & D

8:00 AM Coaches meeting
8:30 AM Open stretch
8:50 AM March-in
9:00 AM Warmup-Compete
11:20 AM Awards

Session 10

Level 10 - Senior A & C

11:45 AM Coaches meeting
12:15 PM Open stretch
12:35 PM March-in
12:45 PM Warmup-Compete
3:15 PM Awards

Session 11

Level 10 - Senior B & D

3:30 PM Coaches meeting
4:00 PM Open stretch
4:20 PM March-in
4:30 PM Warmup-Compete
7:00 PM Awards