

**2010 USAG Region 5
Level 8 Championships
April 17 – 18, 2010
Meet Schedule**

(All sessions will utilize a **MODIFIED CAPITOL CUP** format)

Coaches: Gym A and Gym B are NOT side by side. Please bring additional coaches if necessary.

Saturday, April 17th

8:00 am
8:30 am
8:44 am
9:00 am
12:30 pm

Session 1AS/1BS - Senior A (Gym A)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards

Saturday, April 17th

8:00 am
8:30 am
8:46 am
9:02 am
12:30 pm

Session 1AJ/1BJ – Junior A (Gym B)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards

Saturday, April 17th

12:30 pm
1:00 pm
1:16 pm
1:30 pm
5:00 pm

Session 2AS/2BS – Senior B (Gym A)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards

Saturday, April 17th

12:30 pm
1:00 pm
1:16 pm
1:30 pm
5:00 pm

Session 2AJ/2BJ – Junior B (Gym B)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards

Saturday, April 17th

5:00 pm
5:30 pm
5:46 pm
6:00 pm
9:30 pm

Session 3AS/3BS – Senior C (Gym A)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards

Saturday, April 17th

5:00 pm
5:30 pm
5:46 pm
6:00 pm
9:30 pm

Session 3AJ/3BJ – Junior C (Gym B)

Check-in/General Stretch
Flight A Warm up 1st event
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Sunday, April 18th

9:00 am
9:30 am
9:46 am
10:02 am
1:45 pm

Session 4AS/4BS – Senior D (Gym A)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards

Sunday, April 18th

9:00 am
9:30 am
9:46 am
10:02 am
1:45 pm

Session 4AJ/4BJ – Junior D (Gym B)

Check-in/General Stretch
Flight A Warm up 1st event
March-in
Competition Begins
Awards