

2012 USA GYMNASTICS WOMEN'S JR. OLYMPIC LEVEL 9 EASTERN CHAMPIONSHIPS

May 3-6 Host: Prince George's Sports & Learning Complex, 8001 Sheriff Road, Landover, MD 20785

Contact: Patricia Delaney at patricia.delaney@pgparks.com

Hotel Reservations: <http://www.ntssportstravel.com/book/may12/womens9easterns.shtml>

Wed. May 2: 8:30 pm Coaches Meeting at competition venue

Thursday, May 3

8:30	-	11:00	Open Workout for Region 6
10:30	-	1:00	Open Workout for Region 8
12:30	-	3:00	Open Workout for Region 5
2:30	-	5:00	Open Workout for Region 7
6:30	-	9:00 PM	Welcome banquet - Odyssey Washington DC River Cruise

Friday, May 4

COMPETITION DAY 1

SESSION I: COMPETITION FOR JUNIOR 1 & 2 DIVISION

8:30	-	9:00	Open stretch
9:00	-	9:15	March-in and Introductions for all Jr. 1 & 2 athletes
9:20	-	9:35	Flight 1 timed warm-ups
9:35	-	12:15	JR. 1 & 2 COMPETITION
12:15	-	12:45	Awards for JR. 1 & 2

SESSION II: COMPETITION FOR JUNIOR 3 & 4 DIVISION

12:30	-	1:00	Open stretch
1:00	-	1:15	March-in and Introductions for all Jr. 3 & 4 athletes
1:20	-	1:35	Flight 1 timed warm-ups
1:35	-	4:15	JR. 3 & 4 COMPETITION
4:15	-	4:45	Awards for Jr. 3 & 4

SESSION III: COMPETITION FOR JUNIOR 5 & 6 DIVISION

4:30	-	5:00	Open stretch
5:00	-	5:15	March-in and Introductions for all Jr. 5 & 6 athletes
5:20	-	5:35	Flight 1 timed warm-ups
5:35	-	8:15	JR. 5 & 6 COMPETITION
8:15	-	8:45	Awards for Jr. 5 & 6

Saturday, May 5

COMPETITION DAY 2

SESSION IV: COMPETITION FOR JUNIOR 7 & 8 DIVISION

8:30	-	9:00	Open stretch
9:00	-	9:15	March-in and Introductions for all Jr. 7 & 8 athletes
9:20	-	9:35	Flight 1 timed warm-ups
9:35	-	12:15	JR. 7 & 8 COMPETITION
12:15	-	12:45	Awards for Jr. 7 & 8

SESSION V: COMPETITION FOR SENIOR 1 & 2 DIVISION

12:30	-	1:00	Open stretch
1:00	-	1:15	March-in and Introductions for all Sr. 1 & 2 athletes
1:20	-	1:35	Flight 1 timed warm-ups
1:35	-	4:15	SR. 1 & 2 COMPETITION
4:15	-	4:45	Awards for Sr. 1 & 2

SESSION VI: COMPETITION FOR SENIOR 3 & 4 DIVISION

4:30	-	5:30	Open stretch
5:00	-	5:15	March-in and Introductions for all Sr. 3 & 4 athletes
5:20	-	5:35	Flight 1 timed warm-ups
5:35	-	8:18	SR. 3 & 4 COMPETITION
8:15	-	8:45	Awards for Sr. 3 & 4

Sunday, May 6

COMPETITION DAY 3

SESSION VII: COMPETITION FOR SENIOR 5 & 6 DIVISION

8:00	-	8:30	Open stretch
8:30	-	8:45	March-in and Introductions for all Sr. 5 & 6 athletes
8:50	-	9:05	Flight 1 timed warm-ups
9:05	-	11:45	SR. 5 & 6 COMPETITION
11:45	-	12:15	Awards for Sr. 5 & 6

SESSION VIII: COMPETITION FOR SENIOR 7 & 8 DIVISION

12:00	-	12:30	Open stretch
12:30	-	12:45	March-in and Introductions for all Sr. 7 & 8 athletes
12:50	-	1:05	Flight 1 timed warm-ups
1:05	-	3:45	SR. 7 & 8 COMPETITION
3:45	-	4:15	Awards for Sr. 7 & 8