

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

May 3-6 Site: CenturyLink Arena, 233 S. Capitol Blvd., Boise, ID 83702 Host: USA Gymnastics-Idaho
Contact: Marian DeWane E-mail: mldewane@hotmail.com For Hotel Reservations: Go to www.ntssportstravel.com

Wednesday, May 2

8:30 - 9:30 pm Coaches Meeting - CenturyLink Arena

Thursday, May 3

8:30 - 11:00 Open Workout for Region 3
10:30 - 1:00 Open Workout for Region 4
12:30 - 3:00 Open Workout for Region 1
2:30 - 5:00 Open Workout for Region 2
6:30 - 9:30 PM Welcome banquet - Stueckle Sky Center - Boise State University

Friday, May 4

COMPETITION DAY 1

SESSION I: COMPETITION FOR JUNIOR A DIVISION

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

SESSION II: COMPETITION FOR JUNIOR B DIVISION

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

SESSION III: COMPETITION FOR JUNIOR C DIVISION

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

Saturday, May 5

COMPETITION DAY 2

SESSION IV: COMPETITION FOR JUNIOR D DIVISION

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

SESSION V: COMPETITION FOR SENIOR A DIVISION

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

SESSION VI: COMPETITION FOR SENIOR B DIVISION

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

Sunday, May 6

COMPETITION DAY 3

SESSION VII: COMPETITION FOR SENIOR C DIVISION

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

SESSION VIII: COMPETITION FOR SENIOR D DIVISION

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