

# 2013 USA GYMNASTICS WOMEN'S JR. OLYMPIC LEVEL 9 EASTERN CHAMPIONSHIPS

May 2-5 Host: Branch Gymnastics; Kellogg Arena, One McCamly Square, Battle Creek, MI 49014

Contact: Al & Cindy Scharns branchgym1@aol.com

Hotel Reservations: NTS site: <http://www.ntssportstravel.com/book/may13/womens9easterns.shtml>

**Wed. May 1:** 8:30 pm Coaches Meeting; Kellogg Arena

## **Thursday, May 2**

8:30	-	11:00	Open Workout for Region 8
10:30	-	1:00	Open Workout for Region 7
12:30	-	3:00	Open Workout for Region 6
2:30	-	5:00	Open Workout for Region 5
7:00	-	9:00 PM	Opening Ceremonies - Kellogg Arena (Athlete staging at 7:00; Ceremonies begin at 7:30)

## **Friday, May 3**

### **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 4**

### **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 5**

### **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