



2019 Women's Region 7 Level 9 & 10 Championships Session Schedule

Level 10 Thursday, April 11

Session 1:	Junior D (32) & Junior F (25)	Total: 57 (4 IES)
10:00 AM	Open Stretch, Coaches' Meeting	
10:30 AM	Introductions	
10:40 AM	Competition	
1:30 PM	Awards	
Session 2:	Senior A (21) & Senior C (32)	Total: 53 (3 IES)
1:30 PM	Open Stretch, Coaches' Meeting	
2:00 PM	Introductions	
2:10 PM	Competition	
5:00 PM	Awards	
Session 3:	Senior D (25), Senior E (22) & Senior F (15)	Total: 62 (4 IES)
5:00 PM	Open Stretch, Coaches' Meeting	
5:30 PM	Introductions	
5:40 PM	Competition	
8:30 PM	Awards & Level 10 Senior Recognition	

Level 10 Friday, April 12

Session 4:	Junior A (16), Junior B (17) & Junior C (20)	Total: 53 (0 IES)
8:00 AM	Open Stretch, Coaches' Meeting	
8:30 AM	Introductions	
8:40 AM	Competition	
11:30 AM	Awards	
Session 5:	Junior E (27) & Senior B (29)	Total: 56 (4 IES)
11:30 AM	Open Stretch, Coaches' Meeting	
12:00 PM	Introductions	
12:10 PM	Competition	
3:00 PM	Awards	



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Level 9 Friday, April 12

Session 6:	Junior 7 (24) & Junior 8 (28)	Total: 52 (8 IES)
3:15 PM	Open Stretch, Coaches Meeting	
3:45 PM	Introductions	
3:55 PM	Competition	
6:30 PM	Awards	
Session 7:	Senior 5 (19) & Senior 6 (25)	Total: 44 (4 IES)
6:30 PM	Open Stretch & Coaches' Meeting	
7:00 PM	Introductions	
7:10 PM	Competition	
9:15 PM	Awards	

Level 9 Saturday, April 13

Session 8:	Junior 1 (28) & Junior 3 (29)	Total: 57 (7 IES)
8:00 AM	Open Stretch, Coaches' Meeting	
8:30 AM	Introductions	
8:40 AM	Competition	
11:30 AM	Awards	
Session 9:	Junior 2 (15), Junior 4 (22) & Junior 5 (21)	Total: 58 (3 IES)
11:30 AM	Open Stretch, Coaches' Meeting	
12:00 PM	Introductions	
12:10 PM	Competition	
3:00 PM	Awards	
Session 10:	Senior 7 (26) & Senior 8 (32)	Total: 58 (18 IES)
3:00 PM	Open Stretch, Coaches' Meeting	
3:30 PM	Introductions	
3:40 PM	Competition	
6:30 PM	Awards & Level 9 Senior Recognition	



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Level 9

Sunday, April 14

Session 11: Junior 6 (17), Senior 1 (22) & Senior 2 (22) Total: 61 (5 IES)

8:00 AM Open Stretch, Coaches' Meeting

8:30 AM Introductions

8:40 AM Competition

11:30 AM Awards

Session 12: Senior 3 (28) & Senior 4 (28) Total: 56 (3 IES)

11:30 AM Open Stretch, Coaches' Meeting

12:00 PM Introductions

12:10 PM Competition

3:00 PM Awards

*Live scoring will be available at
MeetScores Online.com and myUSAGym.com*