

# 2010 Region 1 Championships

## Saturday, June 19, 2010

8:30 AM	9:00 AM	Doors Open
9:00 AM	9:30 AM	Session A General Warm Up
<b>9:30 AM</b>	<b>9:45 AM</b>	<b>Opening Ceremonies</b>
<b>9:45 AM</b>	<b>11:00 AM</b>	<b>Session A</b>
		Level 4 (MXP 11U)
		Level 5 (WP 12-14)
		Level 6 (WP 17+)
		Level 7 (WG 12-14, 15-16, 17+)
11:00 AM	11:30 AM	Session B General Warm Up
<b>11:30 AM</b>	<b>1:00 PM</b>	<b>Session B</b>
		Level 8 (WP 12-14, 15-16, 17+ Dynamic)
		Level 8 (WG 12-14, 15-16, 17+ Balance)
		Jr 11-16 (MXP Dynamic)
1:00 PM	1:30 PM	Session C General Warm Up
<b>1:30 PM</b>	<b>2:45 PM</b>	<b>Session C</b>
		Level 4 (WG 11U)
		Level 5 (WG 11U)
		Level 6 (WP 12-14; WG 12-14)
2:45 PM	3:15 PM	Session D General Warm Up
<b>3:15 PM</b>	<b>4:30 PM</b>	<b>Session D</b>
		Level 8 (MXP 17+ Balance)
		Level 9 (WP 16U, MP 17+ Balance)
		Level 9 (WG 16U, 17+ Dynamic)
		Level 10 (WG Dynamic)
		Jr./Sr. Elite (MXP Balance)
		Jr./Sr. Elite (WG Dynamic)
<b>4:30 PM</b>	<b>5:00 PM</b>	<b>Sessions A &amp; C Awards Ceremony</b>
<b>5:00 PM</b>	<b>7:00 PM</b>	<b>Regional Athlete Show Rehearsal</b>

## Sunday, June 20, 2010

8:30 AM	9:00 AM	Doors Open
9:00 AM	9:30 AM	Session E General Warm Up
<b>9:30 AM</b>	<b>9:45 AM</b>	<b>Opening Ceremonies</b>
<b>9:45 AM</b>	<b>11:00 AM</b>	<b>Session E</b>
		Level 4 (WP 11U)
		Level 5 (WP 11U)
		Level 6 (WP 11U, 15-16; MXP 12-14, 15-16)
		Level 7 (WP 11U, 12-14, 15-16; MXP 12-17, 17+)
11:00 AM	11:30 AM	Session F General Warm Up
<b>11:30 AM</b>	<b>1:00 PM</b>	<b>Session F</b>
		Level 8 (MXP 17+ Dynamic)
		Level 9 (WP 16U, 17+; MP 17+; MXP 16U Dynamic)
		Level 9 (WG 16U, 17+ Balance)
		Level 10 (WG Balance)
		Jr./Sr. Elite (MXP Dynamic)
		Jr./Sr. Elite (WG Balance)
1:00 PM	1:30 PM	Session G General Warm Up
<b>1:30 PM</b>	<b>3:00 PM</b>	<b>Session G</b>
		Level 8 (WP 12-14, 15-16, 17+ Balance)
		Level 8 (WG 12-14, 15-16, 17+ Dynamic)
		Jr 11-16 (MXP Balance)
3:00 PM	3:30 PM	Session H General Warm Up
<b>3:30 PM</b>	<b>4:30 PM</b>	<b>Session H</b>
		Level 9 (WP 17+; MXP 16U Balance)
		Level 10 (WG Combined)
		Jr./Sr. Elite (MXP, WG Combined)
<b>4:30 PM</b>	<b>5:00 PM</b>	<b>Sessions E, F, G &amp; H Awards Ceremony</b>
5:00 PM	5:15 PM	Show Setup
<b>5:15 PM</b>	<b>5:45 PM</b>	<b>Regional Athlete Show</b>
<b>5:45 PM</b>	<b>6:00 PM</b>	<b>International Travel Recognition &amp; Regional Awards</b>

The above times are approximate. Sessions may start earlier than anticipated. Coaches, please have your athletes on site at least 45 minutes prior to scheduled warm-up and award ceremonies.