



## 2024 Region 7 Level 7 Championship Session Schedule

### Friday, April 19th

**Session 1: Junior 1 and Junior 2 70 Athletes**

2:00 PM Open Stretch, Coaches' Meeting  
2:20 PM Introductions  
2:30 PM 1st Warmup & Competition  
5:00 PM Awards

**Session 2: Junior 3 and Junior 4 70 Athletes**

5:15 PM Open Stretch, Coaches' Meeting  
5:35 PM Introductions  
5:45 PM 1st Warmup & Competition  
8:15 PM Awards

### Saturday, April 20th

**Session 3: Junior 5 and Junior 6 70 Athletes**

8:30 AM Open Stretch, Coaches' Meeting  
8:50 AM Introductions  
9:00 AM 1st Warmup & Competition  
11:30 AM Awards

**Session 4: Junior 7 and Senior 1 72 Athletes**

11:45 AM Open Stretch, Coaches' Meeting  
12:05 PM Introductions  
12:15 PM 1st Warmup & Competition  
2:45 PM Awards



## 2024 Region 7 Level 7 Championship Session Schedule

**Sunday, April 21st**

<b>Session 5:</b>	<b>Senior 2 and Senior 3</b>	<b>72 Athletes</b>
9:15 AM	Open Stretch, Coaches' Meeting	
9:35 AM	Introductions	
9:45 AM	1st Warmup & Competition	
12:15 PM	Awards	
<b>Session 6:</b>	<b>Senior 4 and Senior 5</b>	<b>72 Athletes</b>
12:30 PM	Open Stretch, Coaches' Meeting	
12:15 PM	Introductions	
1:00 PM	1st Warmup & Competition	
3:30 PM	Awards	
<b>Session 7:</b>	<b>Senior 6 and Senior 7</b>	<b>72 Athletes</b>
3:45 PM	Open Stretch, Coaches' Meeting	
4:05 PM	Introductions	
4:15 PM	1st Warmup & Competition	
6:45 PM	Awards	

*Live scoring will be available at  
[MeetScoresOnline.com](https://MeetScoresOnline.com) and [myUSAGym.com](https://myUSAGym.com)*