



2024 Region 7 Level 8 Championship Session Schedule

Friday, April 19th

Session 1:	Junior 1 and Junior 2	56 Athletes
1:00 PM	Open Stretch, Coaches' Meeting	
1:20 PM	Introductions	
1:30 PM	1st Warmup & Competition	
4:15 PM	Awards	
Session 2:	Junior 3 and Junior 4	56 Athletes
4:30 PM	Open Stretch, Coaches' Meeting	
4:50 PM	Introductions	
5:00 PM	1st Warmup & Competition	
7:45 PM	Awards	

Saturday, April 20th

Session 3:	Junior 5 and Junior 6	56 Athletes
9:00 AM	Open Stretch, Coaches' Meeting	
9:20 AM	Introductions	
9:30 AM	1st Warmup & Competition	
12:15 PM	Awards	
Session 4:	Junior 7 and Senior 1	56 Athletes
12:30 PM	Open Stretch, Coaches' Meeting	
12:50 PM	Introductions	
11:00 PM	1st Warmup & Competition	
3:45 PM	Awards	
Session 5:	State Team Competition	46 Athletes
4:30 PM	Open Stretch, Coaches' Meeting	
4:50 PM	Introductions	
5:00 PM	1st Warmup & Competition	
7:15 PM	Awards	



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Sunday, April 21st

Session 6:	Senior 2 and Senior 3	55 Athletes
8:00 AM	Open Stretch, Coaches' Meeting	
8:30 AM	Introductions	
8:50 AM	1st Warmup & Competition	
11:15 AM	Awards	
Session 7:	Senior 4 and Senior 5	58 Athletes
11:30 AM	Open Stretch, Coaches' Meeting	
11:50 AM	Introductions	
12:00 PM	1st Warmup & Competition	
2:45 PM	Awards	
Session 8:	Senior 6 and Senior 7	58 Athletes
3:00 PM	Open Stretch, Coaches' Meeting	
3:20 PM	Introductions	
3:30 PM	1st Warmup & Competition	
6:15 PM	Awards & Senior Recognition (9)	

*Live scoring will be available at
MeetscoresOnline.com and myUSAGym.com*