

FINL EVENT SCHEDULE

A/O

3/5/16



Wednesday, April 6, 2016

Region 1 Board meeting 2:00 PM to 4:00 PM

Arrival and coaches check-in 4:00 PM to 8:00 PM

Open training at venue 4:00 PM to 8:00 PM (Level 7 - 10 only)

Technical Meeting 8:00 PM to 9:00 PM (ALL Coaches)

Official Region 1 General Coaches Meeting immediately following Tech. Mtg.

Thursday, April 7, 2016

Arena opens at 7:30 AM - Judges Meeting - 8:15 AM - Conv. Ctr.

Session #1 – Level 8 [(13-14)(15-18)]{76}

2 hr 59 min

8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A
8:10 AM - 8:40 AM	Athlete arrival/Open stretch in competition gym Flight B
8:20 AM - 8:31 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)
8:31 AM - 11:45 AM	Session #1 - March in and Competition
11:45 AM - 12:30 PM	State Team and Individual Awards - Graduating Seniors

Session #2 – Level 10 [(15-16)] {78}

3 hr 54 min

12:10 PM - 12:30 PM	Athlete arrival/Open stretch in warm-up gym Flight A
12:20 PM - 12:50 PM	Athlete arrival/Open stretch in competition gym Flight B
12:30 PM - 12:41 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)
12:41 PM - 4:50 PM	Session #2 - March in and Competition
4:50 PM - 5:35 PM	State Team and Individual Awards - Qual to J.O. Nat - Graduating Seniors

Session #3 – Level 9 [(15-16)(17-18)]{27} Level 10 [(17-18)]{47}

3 hr 40 min

5:10 PM - 5:30 PM	Athlete arrival/Open stretch in warm-up gym Flight A
5:20 PM - 5:50 PM	Athlete arrival/Open stretch in competition gym Flight B
5:30 PM - 5:40 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)
5:40 PM - 9:35 PM	Session #3 - March in and Competition
9:35 PM - 10:20 PM	State Team and Ind. Awards - Qual to J.O. Nat - Grad. Seniors - Service Awds.

Friday, April 8, 2016

Arena opens at 7:30 AM - Judges Meeting - 8:15 AM - Conv. Ctr.

Session #4 – Level 7 [(9-10)][(11-12)(13-18)] {108}

3 hr 38 min

8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A
8:10 AM - 8:40 AM	Athlete arrival/Open stretch in competition gym Flight B
8:20 AM - 8:32 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)
8:32 AM - 12:25 PM	Session #4 - March in and Competition
12:25 PM - 1:10 PM	State Team and Individual Awards - Graduating Seniors

Session #5 – Level 8 [(11-12)] {95}

3 hr 45 min

12:25 PM - 12:45 PM	Athlete arrival/Open stretch in warm-up gym Flight A
12:35 PM - 1:05 PM	Athlete arrival/Open stretch in competition gym Flight B
12:45 PM - 12:55 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)
12:55 PM - 4:55 PM	Session #5 - March in and Competition
4:55 PM - 5:40 PM	State Team and Individual Awards - Qual to J.O. Nat

Session #6 – Level 9 [(13-14)]{101}

3 hr 59 min

4:55 PM - 5:15 PM	Athlete arrival/Open stretch in warm-up gym Flight A
5:05 PM - 5:35 PM	Athlete arrival/Open stretch in competition gym Flight B
5:15 PM - 5:26 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)
5:26 PM - 9:40 PM	Session #6 - March in and Competition
9:40 PM - 10:25 PM	State Team and Individual Awards - Qual to J.O. Nat

Saturday, April 9, 2016

Arena opens at 7:30 AM - Judges Meeting - 8:15 AM - Conv. Ctr.

Session #7 - Level 5 [(7),(8)],[(11)(12-18)] {126}			4 hr	0 min
8:00 AM	- 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
8:10 AM	- 8:40 AM	Athlete arrival/Open stretch in competition gym Flight B		
8:20 AM	- 8:30 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
8:30 AM	12:45 PM	Session #7 - March in and Competition		
12:45 PM	1:30 PM	State Team and Individual Awards - Graduating Seniors		

Session #8 - Level 6 [(7-8),(9)(10)] {108}			3 hr	25 min
1:00 PM	- 1:20 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
1:10 PM	- 1:40 PM	Athlete arrival/Open stretch in competition gym Flight B		
1:20 PM	- 1:30 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
1:30 PM	5:10 PM	Session #8 - March in and Competition		
5:10 PM	5:55 PM	State Team and Individual Awards		

Session #9 - Technical Seq. (11-12),(13-14),(15-16),(17-18) {77}			2 hr	25 min
5:30 PM	- 5:50 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
5:40 PM	- 6:10 PM	Athlete arrival/Open stretch in competition gym Flight B		
5:50 PM	- 6:00 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
6:00 PM	- 8:40 PM	Session #9 - March in and Competition		
8:40 PM	9:10 PM	TS Awards - Qual to JE Division at J.O. Nat. - Regional Team Clinic Qual		

Sunday, April 10, 2016

Arena opens at 8:30 AM - Judges Meeting - 11:00 AM - Conv. Ctr.

***Regional Team Clinic** (SANTA CLARA CONVENTION CENTER)

9:00 AM - 12:00 PM

top 8 (based on combined optional and technical seq. scores) Level 8(11-12),
Level 9(13-14), Level 10(15-16), Level 10(17-18), and their COACHES

Session #10 - Level 6 [(11),(12-18)] {96}			3 hr	0 min
11:45 AM	- 12:05 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
11:55 AM	- 12:25 PM	Athlete arrival/Open stretch in competition gym Flight B		
12:05 PM	- 12:15 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:15 PM	3:30 PM	Session #10 - March in and Competition		
3:30 PM	4:15 PM	State Team and Individual Awards - Graduating Seniors		

Session #11 - Level 5 [(9),(10)] {126}			3 hr	45 min
3:40 PM	- 4:00 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
3:50 PM	- 4:20 PM	Athlete arrival/Open stretch in competition gym Flight B		
4:00 PM	- 4:10 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
4:10 PM	8:10 PM	Session #11 - March in and Competition		
8:10 PM	8:55 PM	State Team and Individual Awards		

NOTES

1. Within the session information, you will find levels and age groups. Age groups within a set of parentheses indicate a group for individual awards. Groups in square brackets are combined for a team. Numbers in curly brackets are the expected # of gymnasts in the group or session.
2. * Regional Team - The top 8 in Level 8 (11-12), 9 (13-14), 10 (15-16), and 10 (17-18) based on their ranking from the combined scores of their optional and technical sequence routines qualify and MUST attend the clinic (Sunday morning) to be a part of the Region 1 Team. (attendance at the clinic is to help prepare for the Regional Team session at J.O. Nationals)