



2019 Women's Region 7 Level 9 & 10 Championships
Session Schedule
 Updated Counts - April 4th

Level 10 **Thursday, April 11**

Session 1: **Junior D (31) & Junior F (25)** **Total: 56 (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 (19) & Senior C (31)** **Total: 50 (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 (24), Senior E (21) & Senior F (14)** **Total: 59 (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 (16) & Junior C (19)** **Total: 51 (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 (18) & Senior 6 (23)	Total: 41 (2 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 (21) & Junior 5 (21)	Total: 57 (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 (30)	Total: 56 (16 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 (20) & Senior 2 (21)** **Total: 58 (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 (27) & Senior 4 (27)** **Total: 54 (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
MeetScoresOnline.com and myUSAGym.com*