

2008 USA GYMNASTICS WOMEN'S JR. OLYMPIC LEVEL 9 WESTERN CHAMPIONSHIPS

Hyland Performance Arena, Lindenwood University, St. Charles, MO- May 8-11, 2008

Host: GymQuarters Gymnastics, contact: Scott Cusimano. E-mail: papacusimano@aol.com

Thursday, May 8

9:00	-	11:00	Open workout for Region 2
11:00	-	1:00	Open workout for Region 1
1:00	-	3:00	Open workout for Region 3
3:00	-	5:00	Open workout for Region 4
6:30	-	9:00	Welcome banquet – Sheraton Westport Hotel
		8:00 PM	Coaches meeting – Sheraton Westport Hotel

Friday, May 9

COMPETITION DAY 1

SESSION I: COMPETITION FOR JUNIOR A DIVISION

8:00	-	8:45	Open stretch, plus timed warm-up on first event for Flight 1
8:45	-	9:00	March-in and Introductions for all Jr. A athletes
9:00	-	12:00	JR. A COMPETITION
12:00	-	12:30	Awards for Jr. A's

SESSION II: COMPETITION FOR JUNIOR B DIVISION

12:30	-	1:15	Open stretch, plus timed warm-up on first event for Flight 1
1:15	-	1:30	March-in and Introductions for all Jr. B athletes
1:30	-	4:30	JR. B COMPETITION
4:30	-	5:00	Awards for Jr. B's

SESSION III: COMPETITION FOR JUNIOR C DIVISION

5:00	-	5:45	Open stretch, plus timed warm-up on first event for Flight 1
5:45	-	6:00	March-in and Introductions for all Jr. C athletes
6:00	-	9:00	JR.C COMPETITION
9:00	-	9:30	Awards for Jr. C's

Saturday, May 10

COMPETITION DAY 2

SESSION IV: COMPETITION FOR JUNIOR D DIVISION

8:00	-	8:45	Open stretch, plus timed warm-up on first event for Flight 1
8:45	-	9:00	March-in and Introductions for all Jr. D athletes
9:00	-	12:00	JR. D COMPETITION
12:00	-	12:30	Awards for Jr. D's

SESSION V: COMPETITION FOR SENIOR A DIVISION

12:30	-	1:15	Open stretch, plus timed warm-up on first event for Flight 1
1:15	-	1:30	March-in and Introductions for all Sr. A athletes
1:30	-	4:30	SR. A COMPETITION
4:30	-	5:00	Awards for Sr. A's

SESSION VI: COMPETITION FOR SENIOR B DIVISION

5:00	-	5:45	Open stretch, plus timed warm-up on first event for Flight 1
5:45	-	6:00	March-in and Introductions for all Sr. B athletes
6:00	-	9:00	SR. B COMPETITION
9:00	-	9:30	Awards for Sr. B's

Sunday, May 11

COMPETITION DAY 3

SESSION VII: COMPETITION FOR SENIOR C DIVISION

8:00	-	8:45	Open stretch, plus timed warm-up on first event for Flight 1
8:45	-	9:00	March-in and Introductions for all Senior C athletes
9:00	-	12:00	SR. C COMPETITION
12:00	-	12:30	Awards for Sr. C's

SESSION VIII: COMPETITION FOR SENIOR D DIVISION

12:30	-	1:15	Open stretch, plus timed warm-up on first event for Flight 1
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1:15	-	1:30	March-in and Introductions for all Sr. D athletes
1:30	-	4:30	SR. D COMPETITION
4:30	-	5:00	Awards for Sr. D's