

**2017 Region IV & V Level 7-10 and Int/Adv/FIG Groups Championships**  
**The United States Olympic Training Center**  
**196 Old Military Road, Lake Placid, New York**

**COMPETITION SCHEDULE**  
**DAY 1 – FRIDAY, MAY 12, 2017**

<b>REGION 5 Level 9 JR (2004 &amp; 2003) – 12 competitors (ALL 4 Events)</b>	
Check in and Warm up	7:15-8:15
Timed warm up – ELE (2), PRA (4)	8:10-8:12
Timed warm up – INT (2), LIB (3), PRE (1)	8:12-8:14
Competition	8:15-10:15
<b>REGION 5 Level 9 JR (2002) – 10 competitors (ALL 4 Events)</b>	
Check in and Warm up	9:15-10:15
Timed warm up – CAP (1), ELE (2), GW (1), INS (1)	10:15-10:17
Timed warm up – INT (2), LIB (1), PIT (1), PRI (1)	10:17-10:19
Competition	10:20-12:00
<b>REGION 5 LEVEL 9 JR (2004, 2003, 2002) MARCH IN, NATIONAL ANTHEM, AWARDS &amp; REGION REGIONAL TEAM / LUNCH</b>	<b>12:00-12:45</b>
<b>ALL Level 10 – 14 competitors (ALL 4 Events)</b>	
Check in and Warm up	11:40-12:40
Timed warm up – CAP (1), GW (2), INT (1), IRG (1), LIB (1), RD(1)	12:40-12:42
Timed warm up – ISA (5), PRA (2)	12:42-12:44
Competition	12:45-3:05
<b>LEVEL 10 MARCH IN &amp; AWARDS</b>	<b>3:05-3:20</b>
<b>REGION 5 Level 7 (Floor &amp; Hoop) – 28 competitors</b>	
Check in and Warm up	2:20-3:20
Timed warm up – BAG (3), CAP (3), ELE (5), GW (1), INS (2)	3:20-3:22
Timed warm up – INT (2), LIB (5), PIT (2), PRA (5)	3:22-3:24
Competition	3:25-5:45
<b>REGION 5 Level 8 (Floor &amp; Rope) – 20 competitors</b>	
Check in and Warm up	4:45-5:45
Timed warm up – BAG (1), CAP (2), ELE (2), INS (2), INT (3)	5:45-5:47
Timed warm up – IRG (1), LG (1), LIB (2), MG (4), PIT (1), PRA (1)	5:47-5:49
Competition	5:50-7:20
<b>REGION 5 LEVEL 7 &amp; 8 MARCH IN, AWARDS (2 EVENTS)</b>	<b>7:20</b>
<b>END OF FIRST DAY OF COMPETITION</b>	

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**COMPETITION SCHEDULE**  
**DAY 2 – SATURDAY, MAY 3, 2017**

<b>REGION 4 Level 7 (Floor &amp; Hoop) – 27 competitors</b>	
Check in and Warm up	7:15-9:15
Timed warm up – FET (2), GOR (1), MAT (2), NER (1), RD (2), RSGA (5)	8:10-8:12 8:12-8:14
Timed warm up – ISA (13), DRG (1)	
Competition	8:15-10:35
<b>REGION 4 Level 8 (Floor &amp; Rope) – 29 competitors</b>	
Check in and Warm up	9:35-10:35
Timed warm up – DRG (1), FET (3), GOR (2), MAT (3), NER (4), RSGA (1)	10:35-10:37 10:37-10:39
Timed warm up – ISA (13), RD (2)	
Competition	10:40-1:05
<b>REGION 4 LEVEL 7 &amp; 8 MARCH IN, AWARDS (2 EVENTS) / LUNCH</b>	<b>1:05-1:35</b>
<b>REGION 4 Level 9 JR (Hope &amp; 2004) – 9 competitors (ALL 4 Events)</b>	
Check in and Warm up	12:34-1:35
Timed warm up – FET (1), ISA (4)	1:35-1:37
Timed warm up – MAT (2), RD (1), RSGA (1)	1:37-1:39
Competition	1:40-3:10
<b>REGION 4 Level 9 JR (2003 &amp; 2002) – 11 competitors (ALL 4 Events)</b>	
Check in and Warm up	2:10-3:10
Timed warm up – GOR (1), ISA (2), MAT (1), NER (2)	3:10-3:12
Timed warm up – RD (5)	3:12-3:14
Competition	3:15-5:05
<b>REGION 4 LEVEL 9 JR (HOPE, 2004, 2003 &amp; 2002) MARCH IN, AWARDS &amp; REGIONAL TEAM / DINNER</b>	<b>5:05-5:35</b>
<b>REGION 5 Level 7 (Ball &amp; Clubs) – 28 competitors</b>	
Check in and Warm up	4:35-5:35
Timed warm up – INT (2), LIB (5), PIT (2), PRA (5)	5:35-5:37
Timed warm up – BAG (3), CAP (3), ELE (5), GW (1), INS (2)	5:37-5:39
Competition	5:40-8:00

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**DAY 2 – SATURDAY, MAY 3, 2017**

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<b>REGION 5 Level 8 (Ball &amp; Clubs) – 20 competitors</b>	
Check in and Warm up	7:00-8:00
Timed warm up – IRG (1), LG (1), LIB (2), MG (4), PIT (1), PRA (1)	8:00-8:02
Timed warm up – BAG (1), CAP (2), ELE (2), INS (2), INT (3)	8:02-8:04
Competition	8:05-9:45
<b>REGION 5 LEVEL 7 &amp; 8 AWARDS (2 EVENTS &amp; AA) &amp; REGIONAL TEAM</b>	<b>9:45</b>
<b>END OF SECOND DAY OF COMPETITION</b>	

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**COMPETITION SCHEDULE**  
**DAY 3 – SUNDAY, MAY 14, 2017**

<b>REGION 4 Level 7 (Ball &amp; Clubs) – 27 competitors</b>	
Check in and Warm up	7:15-8:15
Timed warm up – ISA (13), DRG (1)	8:10-8:12
Timed warm up – FET (2), GOR (1), MAT (2), NER (1), RD (2), RSGA (5)	8:12-8:14
Competition	8:15-10:35
<b>REGION 4 Level 8 (Ball &amp; Clubs) – 29 competitors</b>	
Check in and Warm up	9:35-10:35
Timed warm up – ISA (13), RD (2)	10:35-10:37
Timed warm up – DRG (1), FET (3), GOR (2), MAT (3), NER (4), RSGA (1)	10:37-10:39
Competition	10:40-1:05
<b>REGION 4 LEVEL 7 &amp; 8 AWARDS (2 EVENTS &amp; AA) &amp; REGIONAL TEAM / LUNCH</b>	<b>1:05-1:50</b>
<b>ALL Groups Intermediate, Advanced &amp; FIG – 5 Groups</b>	
Check in and Warm up	12:45-1:45
Timed warm up – Mosaic Intermediate Group	1:45-1:47
Timed warm up – Elegance Advanced Group	1:47-1:50
Timed warm up – Rhythmic Stars Advanced Group	1:50-1:53
Timed warm up – Rhythmic Dreams Advanced Group	1:53-1:56
Timed warm up – Rhythmic Dreams FIG Senior Group	1:56-1:59
Competition	2:00-2:45
<b>REGION 5 Level 9 SR – 9 competitors (ALL 4 Events)</b>	
Check in and Warm up	1:45-2:45
Timed warm up – CAP (2), ELE (2),	2:45-2:47
Timed warm up – INS (2), PIT (3)	2:47-2:49
Competition	2:50-4:20
<b>REGION 4 Level 9 SR – 10 competitors (ALL 4 Events)</b>	
Check in and Warm up	4:20-4:20
Timed warm up – DRG (2), ISA (2), GOR (1),	4:20-4:22
Timed warm up – FET (1), NER (2), RSGA (2)	4:22-4:24
Competition	4:25-6:05
<b>REGION 4 &amp; REGION 5 LEVEL 9 SR MARCH IN, AWARDS &amp; REGIONAL TEAM AND GROUP AWARDS</b>	<b>6:05</b>
<b>END OF COMPETITION</b>	