



2024 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 19TH
GYM A

SESSION 1A
LEVEL 6
CH A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 PM
Awards	11:12 AM

SESSION 2A
LEVEL 6
CH B

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:42 PM

SESSION 3A
LEVEL 6
CH C

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:08 PM

SESSION 4A
LEVEL 6
JR A

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:38 PM



2024 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 19TH
GYM B

SESSION 1B
LEVEL 6
JR B

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 PM
Awards	11:12 AM

SESSION 2B
LEVEL 6
JR C

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:40 PM

SESSION 3B
LEVEL 6
SR A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:10 PM

SESSION 4B
LEVEL 6
SR B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:40 PM



2024 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 20TH
GYM A

SESSION 5A
LEVEL 7
CH A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 PM
Awards	11:15 AM

SESSION 6A
LEVEL 7
CH B

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:40 PM

SESSION 7A
LEVEL 7
CH C

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:19 PM

SESSION 8A
LEVEL 7
JR A

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:40 PM



2024 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 20TH
GYM B

SESSION 5B
LEVEL 8
CH A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 PM
Awards	11:18 AM

SESSION 6B
LEVEL 8
CH B

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:48 PM

SESSION 7B
LEVEL 8
CH C

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:18 PM

SESSION 8B
LEVEL 8
JR A

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:48 PM



2024 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 21ST
GYM A

SESSION 9A
LEVEL 7
JR B

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 PM
Awards	11:15 AM

SESSION 10A
LEVEL 7
JR C

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:45 PM

SESSION 11A
LEVEL 7
SR A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:19 PM

SESSION 12A
LEVEL 7
SR B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:49 PM



2024 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 21ST
GYM B

SESSION 9B
LEVEL 8
JR B

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 PM
Awards	11:15 AM

SESSION 10B
LEVEL 8
JR C

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:45 PM

SESSION 11B
LEVEL 8
SR A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:17 PM

SESSION 12B
LEVEL 8
SR B

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:48 PM