

2022 Region 1 FINAL EVENT SCHEDULE

3/22/22-A



Notes:

- Allotment numbers for Western Championships (Level 7, 8, & 9) are based on ALL ages combined for each level.
- Level 9 (16-19) will not know if they qualified to Western Championships until after **session 7 (Level 9, 14-15)** (approximately 3:15pm). Athletes from session 6 are encouraged to attend as all national qualifiers will be recognized.

WEDNESDAY - March 30 Open training at venue (Level 7 - 10 only)

4:00- 8:00pm Arrival and Coaches Check-in

3:15- 8:00pm **Warm-up gym** - is open to **ALL Level 7-10** gymnasts.

From **3:15pm-8:00pm COMPETITION GYM** - is scheduled as follows (**ONLY Level 7-10**):

Session 1 3:30pm - 5:00pm **So Cal**

Session 2 5:00pm - 6:30pm **Nor Cal**

Session 3 6:30pm - 8:00pm **AZ, HI, NV**

8:00pm - 9:00pm **Technical Meeting & General Coaches Meeting (at venue)**

THURSDAY- March 31

Arena opens at 7:30am - Judges Meeting - 8:15am

Session 1 – Level 7

8:00am – 8:20am

Open stretch in WARM-UP gym: **Flight A**

8:10am - 8:30am

Open stretch in COMPETITION gym: **Flight B**

8:20am – 8:30am

Timed Warm-up for **Flight A**

8:30am – 8:45am

March-in

8:45am – 11:15am

Competition Begins (**Flight B** starts warmup in warm-up gym)

11:25am – 12:15pm

Awards (& **Graduating Seniors, USAG Academic All Americans**)

Session 2 – Level 10 (16-17)

11:50am – 12:10pm

Open stretch in WARM-UP gym: **Flight A**

12:00pm - 12:20pm

Open stretch in COMPETITION gym: **Flight B**

12:10pm – 12:20pm

Timed Warm-up for **Flight A** (Timed warm-up for **Flight B** after march-in)

12:20pm – 12:35pm

March-in

12:35pm - 3:35pm

Competition Begins (**Flight B** starts warmup in warm-up gym)

3:35pm – 4:45pm

Awards (& **USAG Academic All Americans**)

Session 3 – Level 10 (18+)

4:00pm - 4:20pm

Open stretch in WARM-UP gym: **Flight A**

4:10pm – 4:30pm

Open stretch in COMPETITION gym: **Flight B**

4:20pm – 4:30pm

Timed Warm-up for **Flight A** (Timed warm-up for **Flight B** after march-in)

4:30pm – 4:45pm

March-in

4:45pm – 7:20pm

Competition Begins (**Flight B** starts warmup in warm-up gym)

7:20pm – 8:35pm

Awards (& **Graduating Seniors, USAG Academic All Americans**)

FRIDAY– April 1

Session 4 – Level 5

8:00am – 8:20am	Open stretch in WARM-UP gym: Flight A
8:10am - 8:30am	Open stretch in COMPETITION gym: Flight B
8:20am – 8:30am	Timed Warm-up for Flight A
8:30am – 8:45am	March-in
8:45am – 12:20pm	Competition Begins (Flight B starts warmup in warm-up gym)
12:20am – 1:20pm	Awards



Session 5 – Tech Sequences

12:45pm – 1:05pm	Open stretch
1:05pm – 1:15pm	March-in
1:25pm – 3:45pm	Competition Begins
3:45pm – 4:15pm	Awards

Please NOTE: This session will be Modified Capital Cup (Warm-up, Compete Format) and the warm-up gym will remain open during the Tech Sequence competition.

FRIDAY Training Times for Level 6,8 & 9 ONLY

4:00pm - 7:00pm In Competition Gym (& also warm-up gym)

SATURDAY– April 2

Session 6 – Level 9 (16+)

8:00am – 8:20am	Open stretch in WARM-UP gym: Flight A
8:10am - 8:30am	Open stretch in COMPETITION gym: Flight B
8:20am – 8:30am	Timed Warm-up for Flight A
8:30am – 8:45am	March-in
8:45am – 10:50am	Competition Begins (Flight B starts warmup in warm-up gym)
10:50am – 11:35am	Awards (& Graduating Seniors, USAG Academic All Americans)

Session 7 – Level 9 (14-15)

11:10am – 11:30am	Open stretch in WARM-UP gym: Flight A
11:20am - 11:40am	Open stretch in COMPETITION gym: Flight B
11:30am – 11:40am	Timed Warm-up for Flight A
11:40pm – 11:55pm	March-in
11:55am – 2:15pm	Competition Begins (Flight B starts warmup in warm-up gym)
2:15pm – 3:35pm	Awards

Session 8 – Level 8

3:00pm - 3:20pm	Open stretch in WARM-UP gym: Flight A
3:10pm - 3:30pm	Open stretch in COMPETITION gym: Flight B
3:20pm – 3:30pm	Timed Warm-up for Flight A
3:30pm – 3:45pm	March-in
3:45pm – 7:35pm	Competition Begins (Flight B starts warmup in warm-up gym)
7:35pm – 8:45pm	Awards (& Graduating Seniors, USAG Academic All Americans)

SUNDAY– April 3

Session 9 – Level 6

8:00am – 8:20am	Open stretch in WARM-UP gym: Flight A
8:10am - 8:30am	Open stretch in COMPETITION gym: Flight B
8:20am – 8:30am	Timed Warm-up for Flight A
8:30am – 8:45am	March-in
8:45am – 11:00am	Competition Begins (Flight B starts warmup in warm-up gym)
11:00am – 11:45am	Awards (& Graduating Seniors, USAG Academic All Americans)



Session 10 – Level 4 (7-10)

11:15am – 11:35am	Open stretch in WARM-UP gym: Flight A
11:25am - 11:45am	Open stretch in COMPETITION gym: Flight B
11:35am - 11:45am	Timed Warm-up for Flight A
11:45pm – 12:00pm	March-in
12:00pm – 2:55pm	Competition Begins (Flight B starts warmup in warm-up gym)
2:55pm – 3:45pm	Awards

Session 11 – Level 4 (11-19)

3:15pm – 3:35pm	Open stretch in WARM-UP gym: Flight A
3:25pm - 3:45pm	Open stretch in COMPETITION gym: Flight B
3:35pm – 3:45pm	Timed Warm-up for Flight A
3:45pm – 4:00pm	March-in
4:00pm – 6:55pm	Competition Begins (Flight B starts warmup in warm-up gym)
6:55pm – 7:40pm	Awards (& Graduating Seniors, USAG Academic All Americans)

ADDITIONAL TRAINING FOR ALL GYMNASTS

In addition to the scheduled Open Training on Wednesday and Friday, we will be hosting a couple additional training slots for athletes. Gymnasts must have a coach present during all training sessions. Additional training times are as follows:

Thursday 3/31- Approx 7:00pm

After Session 3, Flight B leaves the warm-up gym to compete the 12th rotation (approximately 7:00pm). The warm-up gym will be open (**only after the Flight B warm-up is complete**) for additional training until the Session 3 award ceremony is complete.

Saturday 4/2- Approx 7:15pm

After Session 9, Flight B leaves the warm-up gym to compete the 12th rotation (approximately 7:15pm). The warm-up gym will be open (**only after the Flight B warm-up is complete**) for additional training until the conclusion of the session 9 awards ceremony.