Level 9/10 Regional Championships

Benton Convention Center Winston-Salem, NC

Friday April 5, 2002

Session 1	**Level 9**	**Junior A**
41 athletes -Squads of 5 or 6		Born 8/1/89 & after
Stretch		8:00-8:20am
Timed Warm up		8:20-8:35
March In		8:35-8:55
Competition		8:55-11:20
Awards		following session

Session 2	**Level 9**	**Junior B**
39 athletes - Squads of 5 or 6		Born 9/1/88 - 7/31/89
Stretch		11:00-11:20
Timed Warm up		11:20-12:05
March In		12:05-12:25
Competition		12:25-2:50
Awards		following session

Session 3	**Level 9**	**Junior C**
56 athletes - Squads of 7		Born11/1/87-8/31/88
Stretch		2:50-3:05
Timed Warm up		3:05-3:20
March In		3:20-3:45
Competition		3:45-6:35
Awards		following session

Session 4	**Level 9**	**Senior B**
44 athletes - Squads of 5 or 6		Born 11/1/85 - 12/30/86
Stretch		6:35-6:50
Timed Warm up		6:50-7:05
March In		7:05-7:20
Competition		7:20-9:45
Awards		following session

Saturday April 6, 2002

Session 5	**Level 9**	**Senior A**
50 athletes -Squads of 6 or 7		Born 1/1/87-10/31/87
Stretch		9:00-9:20am
Timed Warm up		9:20-9:35
March In		9:35-9:55
Competition		9:55-12:45
Awards		following session

Session 6	**Level 9**	**Senior C**
36 athletes - Squads of 5 or 6		Born 10/31/85 & before
Stretch		1:00-1:20
Timed Warm up		1:20-1:35
March In		1:35-1:50
Competition		1:50-4:15
Awards		following session

Session 7	**Level 10**	**Junior A, B & C**
54 athletes		Jr A Born 9/1/88 & after (16)
Squads of 6 or 7		Jr B Born 8/1/87- 8/31/88 (16)
		Jr C Born 10/1/86-7/31/87 (22)
Stretch		4:45-5:05
Timed Warm up		5:05-5:20
March In		5:20-5:35
Competition		5:35-9:30
Awards		following session

REMEMBER TO SET YOUR CLOCKS FORWARD 1 HOUR TONIGHT!

Sunday April 7, 2002

?9:00

Session 8	**Level 10**	**Junior D, Senior A &**
58 athletes		Jr D Born 2/1/86 - 9/30/86 (19)
Squads of 7 or 8		Sr A Born 7/1/85 - 1/1/86 (18)
		Sr B Born 12/1/84 - 6/30/885 (21)
Stretch		8:00-8:20
Timed Warm up		8:20-8:35
March In		8:35-8:55
Competition		8:55-12:15
Awards		following session

Sunday continued

Session 9	**Level 10**	**Senior C & D**
52 athletes		Sr C Born 5/6/84 - 11/30/84 (25)
Squads of 6 or 7		Sr D Born 5/5/84 & earlier (27)
Stretch		12:15-12:35
Timed Warm up		12:35-12:50
March In		12:50-1:05
Competition		1:05-4:00
Awards		following session