



2009 USAG MEN'S REGION 1 CHAMPIONSHIPS



FINAL – Competition Schedule

(Update as of 3/4/09) (Print date 3/4/09)

WEDNESDAY, April 1

Region 1 Board Meeting 3:00pm-5:00pm

Technical Meeting 8:00pm-9:00pm (*ALL coaches*)

Open training at Venue 4:00pm-8:00pm

(Level 8 – 10 *ONLY* for open training)

THURSDAY, April 2

Session 1- Level 6 [(10-11)]

Open Stretch	7:30am
Timed WU (10)	8:00am
March in	9:00am
Competition	9:15am
Awards	11:30am

Session 2- Level 10 [(14-15)]

Level 9 [(14-15), (16-18)]

Open Stretch	11:10am
March in (<i>Grad. Seniors</i>)	11:40am
Comp (<i>MCC - 13 min</i>)	12:00pm
Awards	4:25pm

Session 3- Level 10 [(16-18)]

Open Stretch	4:10pm
March in (<i>Grad. Seniors</i>)	4:40pm
Comp (<i>MCC - 14 min</i>)	5:05pm
Awards	9:45pm

FRIDAY, April 3

Session 4- Level 7 [(10-11), (12+)]

Open Stretch	8:00am
March in	8:30am
Comp (<i>MCC - 12 min</i>)	8:45am
Awards	12:35pm

Session 5- Level 9 [(12-13)]

Open Stretch	12:30pm
March in	1:00pm
Comp (<i>MCC - 12 min</i>)	1:15pm
Awards	4:50pm

Session 6- Level 8 [(12-13), (14-15)]

Open Stretch	4:45pm
March in	5:15pm
Comp (<i>MCC - 13 min</i>)	5:30pm
Awards	9:30pm

SATURDAY, APRIL 4

Regional Team Clinic (at Arena)

9:00am- 12:00pm

Session 7- Level 6 [(8-9)], [(12+)]

Open Stretch	12:00pm
Timed WU (10)	12:30pm
March in	1:30pm
Competition	1:45pm
Awards	4:10pm

Session 8- EVENT FINALS

L7(10+)	L8(12-15)	L9(12-13)
L9(14+)	L10(14-15)	L10(16-18)

Open Stretch	4:30pm
March in (<i>service awards</i>)	5:05pm
Competition	5:30pm
Awards	8:10pm

REGION 1 GENERAL MEETING 9:00PM

SUNDAY, April 5

Session 9- Level 5 [(7), (8)]

Open Stretch	8:00am
Timed WU (10)	8:30am
March in	9:30am
Competition	9:45am
Awards	11:55am

Session 10- Level 5 [(9), (10)]

Open Stretch	11:40am
Timed WU (11)	12:10pm
March in	1:15pm
Competition	1:30pm
Awards	3:45pm

Session 11- Level 5 [(11), (12+)]

Open Stretch	3:30pm
Timed WU (8)	4:00pm
March in	4:50pm
Competition	5:05pm
Awards	6:50pm

7:00pm Tear Down – ALL help is appreciated!

Regional Team Clinic – the top ten Level 9's (12-13); top ten Level 10's (14-15); and top ten Level 10's (16-18), **MUST** attend the Clinic (Saturday morning) to be a part of the Region 1 Team (& Regional All-Star Team at JO's).

Modified Capitol Cup (MCC) – Levels 7-10 will be competing modified capitol cup (MCC). Immediately following the open stretch, they will march in and start the competition. They will then warm-up one event and compete that event, and then warm-up another event and compete that event and so on.



2009 USAG MEN'S REGION 1 CHAMPIONSHIPS



NOTES

(Update as of 3/4/09) (Print date 3/4/09)

1. Within the session information, you will find the levels and age groups. An age group within a set of parentheses indicates a group for individual awards. Age groups that are grouped with square brackets, denote a group that will combine to form a State's All Star Team for that level and age group/s.
2. Levels 5, 6, & 7 that show a 12+ age group follow the USAG guideline of a maximum age of 18.

MAJOR CHANGES from Tentative Schedule:

- Level 6 (8-9) moved from Thursday (session 1) to Saturday (session 7).
- Level 5 (12+) moved from Saturday (session 7) to Sunday (session 11).

Minor Changes from Tentative Schedule:

- Level 5 (10) moved from Session 11 to Session 10 (NO change in day, just session).
- Many of the session start and/or ending times had adjustments (*see Final Schedule*).