

2006 USA GYMNASTICS WOMEN'S JR. OLYMPIC LEVEL 9 EASTERN CHAMPIONSHIPS

Vanderbilt University Memorial Gymnasium, Nashville, TN- April 21-23, 2006

Host: The Masters School of Gymnastics, contact: Bob Valley at bobvalley_masters@hotmail.com

Thursday, April 20

12:00	-	2:30	Open workout for Regions 7 & 8
2:30	-	5:00	Open workout for Regions 5 & 6
6:00	-	8:30	Welcome banquet - Student Life Center-Vanderbilt University
		8:30	Coaches meeting - Student Life Center - Vanderbilt University

Friday, April 21

COMPETITION DAY 1

SESSION I: COMPETITION FOR JUNIOR A DIVISION

8:00	-	8:45	Open stretch, plus timed warm-up on first event for Flight 1
8:45	-	9:00	March-in and Introductions for all Jr. A athletes
9:00	-	12:00	JR. A COMPETITION
12:00	-	12:30	Awards for Jr. A's

SESSION II: COMPETITION FOR JUNIOR B DIVISION

12:30	-	1:15	Open stretch, plus timed warm-up on first event for Flight 1
1:15	-	1:30	March-in and Introductions for all Jr. B athletes
1:30	-	4:30	JR. B COMPETITION
4:30	-	5:00	Awards for Jr. B's

SESSION III: COMPETITION FOR JUNIOR C DIVISION

5:00	-	5:45	Open stretch, plus timed warm-up on first event for Flight 1
5:45	-	6:00	March-in and Introductions for all Jr. C athletes
6:00	-	9:00	JR.C COMPETITION
9:00	-	9:30	Awards for Jr. C's

Saturday, April 22

COMPETITION DAY 2

SESSION IV: COMPETITION FOR JUNIOR D DIVISION

8:00	-	8:45	Open stretch, plus timed warm-up on first event for Flight 1
8:45	-	9:00	March-in and Introductions for all Jr. D athletes
9:00	-	12:00	JR. D COMPETITION
12:00	-	12:30	Awards for Jr. D's

SESSION V: COMPETITION FOR SENIOR A DIVISION

12:30	-	1:15	Open stretch, plus timed warm-up on first event for Flight 1
1:15	-	1:30	March-in and Introductions for all Sr. A athletes
1:30	-	4:30	SR. A COMPETITION
4:30	-	5:00	Awards for Sr. A's

SESSION VI: COMPETITION FOR SENIOR B DIVISION

5:00	-	5:45	Open stretch, plus timed warm-up on first event for Flight 1
5:45	-	6:00	March-in and Introductions for all Sr. B athletes
6:00	-	9:00	SR. B COMPETITION
9:00	-	9:30	Awards for Sr. B's

Sunday, April 23

COMPETITION DAY 3

SESSION VII: COMPETITION FOR SENIOR C DIVISION

8:00	-	8:45	Open stretch, plus timed warm-up on first event for Flight 1
8:45	-	9:00	March-in and Introductions for all Senior C athletes
9:00	-	12:00	SR. C COMPETITION
12:00	-	12:30	Awards for Sr. C's

SESSION VIII: COMPETITION FOR SENIOR D DIVISION

12:30	-	1:15	Open stretch, plus timed warm-up on first event for Flight 1
1:15	-	1:30	March-in and Introductions for all Sr. D athletes
1:30	-	4:30	SR. D COMPETITION

4:30 - 5:00 Awards for Sr. D's