



2024 Women's Region 7 Level 9 & 10 Championships Session Schedule

Level 10			Thursday, April 11th
Session 1:	Senior C (32) and Senior F (25)	Total: 57 (10 IES)	
9:00 AM	Open Stretch, Coaches' Meeting		
9:25 AM	Introductions		
9:35 AM	Competition		
12:30 PM	Awards & Senior Recognition (24)		
Session 2:	Senior A (31) and Senior E (31)	Total: 62 (11 IES)	
12:45 PM	Open Stretch, Coaches' Meeting		
1:10 PM	Introductions		
1:20 PM	Competition		
4:30 PM	Awards & Senior Recognition (29)		
Session 3:	Junior C (28) and Senior D (27)	Total: 55 (7 IES)	
4:45 PM	Open Stretch, Coaches' Meeting		
5:10 PM	Introductions		
5:20 PM	Competition		
8:00 PM	Awards & Senior Recognition (23)		
Level 10			Friday, April 12th
Session 4:	Junior A (20), Junior B (21) and Junior D (22)	Total: 63 (5 IES)	
8:00 AM	Open Stretch, Coaches' Meeting		
8:25 AM	Introductions		
8:35 AM	Competition		
11:45 AM	Awards		
Session 5:	Junior E (21), Junior F (21) and Senior B (17)	Total: 59 (5 IES)	
12:00 PM	Open Stretch, Coaches' Meeting		
12:25 PM	Introductions		
12:35 PM	Competition		
3:30 PM	Awards & Senior Recognition (2)		
4:30 PM	Team 7 Edge Meeting		
	<i>Mandatory for all Level 10s who qualify to DEV Nationals</i>		
Level 9			
Session 6:	Junior 3 (29) and Junior 7 (28)	Total: 57 (8 IES)	
5:30 PM	Open Stretch, Coaches Meeting		
5:55 PM	Introductions		
6:05 PM	Competition		
9:00 PM	Awards		



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Level 9 **Saturday, April 13th**

Session 7:	Junior 6 (24) and Senior 3 (22)	Total: 46 (5 IES)
9:00 AM	Open Stretch & Coaches' Meeting	
9:25 AM	Introductions	
9:35 AM	Competition	
12:00 PM	Awards	
Session 8:	Junior 1 (25), Junior 2 (20) and Junior 4 (19)	Total: 64 (3 IES)
12:15 PM	Open Stretch, Coaches' Meeting	
12:40 PM	Introductions	
12:50 PM	Competition	
4:00 PM	Awards	
Session 9:	Senior 7 (31) and Senior 8 (30)	Total: 61 (13 IES)
4:15 PM	Open Stretch, Coaches' Meeting	
4:40 PM	Introductions	
4:50 PM	Competition	
8:00 PM	Awards and Senior Recognition (38)	

Level 9 **Sunday, April 14th**

Session 10:	Junior 5 (21), Senior 1 (21) and Senior 2 (19)	Total: 61 (12 IES)
8:00 AM	Open Stretch, Coaches' Meeting	
8:25 AM	Introductions	
8:35 AM	Competition	
11:45 AM	Awards	
Session 11:	Senior 4 (27) and Senior 6 (27)	Total: 54 (11 IES)
12:00 PM	Open Stretch, Coaches' Meeting	
12:25 PM	Introductions	
12:35 PM	Competition	
3:15 PM	Awards	
Session 12:	Junior 8 (25) and Senior 5 (23)	Total: 48 (8 IES)
3:30 PM	Open Stretch, Coaches' Meeting	
3:55 PM	Introductions	
4:05 PM	Competition	
6:30 PM	Awards	

*Live scoring will be available at
MeetscoresOnline.com and myUSAGym.com*