

# 2017 Region 1 Championships

## Saturday, May 13, 2017

7:30 AM	8:00 AM	Doors Open for athlete registration
8:00 AM	11:30 AM	Session A General Warm Up on Training floor
<b>8:30 AM</b>	<b>8:45 AM</b>	<b>Opening Ceremonies</b>
<b>8:45 AM</b>	<b>11:30 AM</b>	<b>Session A</b> Level 5 (WP 13U / MXP 13U ) Level 6 (WP 14+ ) Level 7 (WG 14+ ) Jr. Elite 12-18 (WG Balance & WP / MXP Dynamic) Jr. Elite 13-19 (WG Balance & MP / MXP Dynamic) Sr. Elite (WG Balance & MXP Dynamic)
11:30 AM	3:15 PM	Session B General Warm Up on Training floor
<b>11:30 AM</b>	<b>11:45 AM</b>	<b>International Travel Awards</b>
<b>11:45 AM</b>	<b>11:55 AM</b>	<b>Academic Scholarships</b>
<b>12:00 PM</b>	<b>3:15 PM</b>	<b>Session B</b> Level 5 (WG 13U ) Level 6 (MP 13U / WG 13U ) Level 7 (WP 14+ / MXP 13U 14+ / WG 13U / MG 13U ) Level 8 (WG 13U 14+ Balance & WP 13U 14+ Dynamic)
2:45 PM	3:30 PM	Session C - Blocks Competition Warm Up on Training Floor
<b>3:15 PM</b>	<b>3:30 PM</b>	<b>Session C - Blocks Competition</b>
3:30 PM	6:45 PM	Session D General Warm Up on Training floor
<b>4:00 PM</b>	<b>6:45 PM</b>	<b>Session D</b> Level 9 (WG Balance & WP / MXP Dynamic) Level 10 (WG / MG Balance & WP Dynamic) 11-16 (WG Balance & WP / MXP Dynamic) Jr. Elite 12-18 (WP / MXP Balance & WG Dynamic) Jr. Elite 13-19 (MP / MXP Balance & WG Dynamic) Sr. Elite (MXP Balance & WG Dynamic)
<b>6:45 PM</b>	<b>6:55 PM</b>	<b>Lifetime Achievement Awards</b>
<b>6:55 PM</b>	<b>7:25 PM</b>	<b>Session A, B &amp; C Awards Ceremony</b>
7:25 PM	7:55 PM	Elite Practice for Gala on Training Floor

## Sunday, May 14, 2017

7:30 AM	8:00 AM	Doors Open for athlete registration
8:00 AM	11:30 AM	Session E General Warm Up on Training floor
<b>8:30 AM</b>	<b>11:30 AM</b>	<b>Session E</b> Level 5 (MP 13U ) Level 6 (WP 13U / MXP 13U / WG 14+ ) Level 7 (WP 13U ) Level 8 (WP 13U 14+ Balance & WG 13U 14+ Dynamic)
11:30 AM	2:45 PM	Session F General Warm Up on Training floor
<b>12:00 PM</b>	<b>2:45 PM</b>	<b>Session F</b> Level 9 (WP / MXP Balance & WG Dynamic) Level 10 (WP Balance & WG / MG Dynamic) 11-16 (WP / MXP Balance & WG Dynamic) Jr. Elite 12-18 (WP / MXP / WG Combined) Jr. Elite 13-19 (MP / MXP / WG Combined) Sr. Elite (MXP / WG Combined)
2:45 PM	3:30 PM	<b>Session E &amp; F Awards Ceremony</b>
<b>3:30 PM</b>	<b>3:40 PM</b>	<b>Senior Citizen Elite Routine</b>
<b>3:40 PM</b>	<b>3:45 PM</b>	<b>High Score of the Meet Awards</b>
<b>3:45 PM</b>	<b>3:55 PM</b>	<b>Club Team Awards</b>
<b>3:55 PM</b>	<b>4:05 PM</b>	<b>Pair Group &amp; Coach of the Year Awards</b>
<b>4:05 PM</b>	<b>4:20 PM</b>	<b>Athlete Gala</b>

The above times are approximate. Sessions may start earlier than anticipated.  
Coaches, please have your athletes on site at least 45 minutes prior to scheduled warm-up and