

Region VII
Level 10 Regional's

Hosted by Parkettes National Gymnastics Training Center
April 16 & 17, 2011

Saturday, April 16, 2011

Session 1 JR A (27) and JR D (26)

12:00 Coaches Meeting

12:30 Stretch

1:00 Timed Warm-up

1:15 Compete

4:45 Awards

Session 2 JR B (32) & C (20)

4:45 Coaches Meeting

5:15 Stretch

5:30 Timed Warm-up

5:45 Compete

9:15 Awards

Sunday, April 17, 2011

Session 3 SR A (30) & SR B (33)

7:30 Coaches Meeting

8:00 Stretch

8:30 Timed Warm-up

8:50 Compete

1:50 Awards

Session 4 SR C (32) & SR D (30)

1:50 Coaches Meeting

2:20 Stretch

2:50 Timed Warm-ups

3:10 Compete

7:45 Awards and Senior Recognition

Coaches please note: Notify the Parkettes **immediately** with any scratches.