



## 2023 Region 7 Level 8 Championship Session Schedule

### Friday, April 21st

<b>Session 1:</b>	<b>Junior 1 and Junior 2</b>	<b>54 Athletes</b>
11:00 AM	Open Stretch, Coaches' Meeting	
11:20 AM	Introductions	
11:30 AM	1st Warmup & Competition	
1:45 PM	Awards	
<b>Session 2:</b>	<b>Junior 3 and Junior 4</b>	<b>54 Athletes</b>
2:00 PM	Open Stretch, Coaches' Meeting	
2:20 PM	Introductions	
2:30 PM	1st Warmup & Competition	
4:45 PM	Awards	
<b>Session 3:</b>	<b>Junior 5 and Junior 6</b>	<b>54 Athletes</b>
5:00 PM	Open Stretch, Coaches' Meeting	
5:20 PM	Introductions	
5:30 PM	1st Warmup & Competition	
7:45 PM	Awards	

### Saturday, April 22nd

<b>Session 4:</b>	<b>Junior 7 and Junior 8</b>	<b>54 Athletes</b>
9:00 AM	Open Stretch, Coaches' Meeting	
9:20 AM	Introductions	
9:30 AM	1st Warmup & Competition	
11:45 AM	Awards	
<b>Session 5:</b>	<b>Senior 7 and Senior 8</b>	<b>56 Athletes</b>
12:00 PM	Open Stretch, Coaches' Meeting	
12:20 PM	Introductions	
12:30 PM	1st Warmup & Competition	
2:45 PM	Awards & Senior Recognition (3)	
<b>Session 6:</b>	<b>State Team Competition</b>	<b>47 Athletes</b>
3:30 PM	Open Stretch, Coaches' Meeting	
3:50 PM	Introductions	
4:00 PM	1st Warmup & Competition	
6:15 PM	Awards	



## 2023 Region 7 Level 8 Championship Session Schedule

**Sunday, April 23rd**

<b>Session 7:</b>	<b>Senior 1 and Senior 2</b>	<b>54 Athletes</b>
8:30 AM	Open Stretch, Coaches' Meeting	
8:50 AM	Introductions	
9:00 AM	1st Warmup & Competition	
11:15 AM	Awards	
<b>Session 8:</b>	<b>Senior 3 and Senior 4</b>	<b>55 Athletes</b>
11:30 AM	Open Stretch, Coaches' Meeting	
11:50 AM	Introductions	
12:00 PM	1st Warmup & Competition	
2:15 PM	Awards	
<b>Session 9:</b>	<b>Senior 5 and Senior 6</b>	<b>56 Athletes</b>
2:30 PM	Open Stretch, Coaches' Meeting	
2:50 PM	Introductions	
3:00 PM	1st Warmup & Competition	
5:15 PM	Awards	

*Live scoring will be available at  
[MeetscoresOnline.com](https://MeetscoresOnline.com) and [myUSAGym.com](https://myUSAGym.com)*