

MEET FORMAT

The regional championships will have a warm up / compete format. There are two sets of equipment [except Floor Exercise]. Athletes in Flight 'A' will warm up on their designated apparatus and begin competition when the warm up is completed. When Flight 'A' begins competition – Flight 'B' will begin warm up on their designated apparatus. The officials will move to the alternate apparatus and begin judging when the warm ups are completed. This format will continue throughout the event. On FX the first squad will be given a warm up totaling 1 ½ minutes x number in squad. Once competition begins athletes may bump in while the previous routine is being evaluated. Athletes from the alternate flight may begin bumping in once ½ the squad has competed.

2004 Regional Championships Schedule

Age Groups are posted on the USA Gymnastics and Region VI Website www.region6usag.org

Revised 3/19/04

THURSDAY 4/1/04		
SESSION I	LEVEL 10 [14/ 26/ 20]	JR A / JR B / JR C
4:30	Check In / Open Stretch	
5:00	March Out	
5:15	Flight 'A' Warm up 1 st Event	
5:30	Competition Begins	
8:30	Awards	
FRIDAY 4/2/04		
SESSION II	LEVEL 10 [21 / 22]	JR D / SR A
8:00	Check In / Open Stretch	
8:30	March Out	
8:45	Flight 'A' Warm up 1 st Event	
9:00	Competition Begins	
12:00	Awards	
SESSION III		
LEVEL 10 [18 / 13 / 16]	SR B / SR C / SR D	
1:00	Check In / Open Stretch	
1:30	March Out	
1:45	Flight 'A' Warm up 1 st Event	
2:00	Competition Begins	
4:45	Awards	Upstairs gym
5:00	NCGA Open Stretch	
6:00	NCGA March Out	
6:15	NCGA Team Finals	
SATURDAY 4/3/04		
SESSION IV	LEVEL 9 [42]	JR A
8:00	Check In / Open Stretch	
8:30	March out	
8:45	Flight 'A' Warm up 1 st event	
9:00	Competition Begins	
12:00	Awards	

SESSION V	LEVEL 9 [49]	SR B
1:00	Check In / Open Stretch	
1:30	March Out	
1:45	Flight 'A' Warm up 1 st Event	
2:00	Competition Begins	
5:00	Awards	
5:15	NCGA Open Stretch	
6:30	NCGA March Out	
6:45	NCGA Event Finals	
SUNDAY 4/4/04		
SESSION VI	LEVEL 9 [33 / 36]	JR B / JR C
8:00	Check In / Open Stretch	
9:00	March Out	
9:15	Flight 'A' Warm up 1 st event	
9:30	Competition Begins	
12:30	Awards	
SESSION VII	LEVEL 9 [40]	SR A
1:00	Check In / Open Stretch	
1:30	March Out	
1:45	Flight 'A' Warm up 1 st Event	
2:00	Competition Begins	
4:00	Awards	
SESSION VIII	LEVEL 9 [39]	SR C
4:30	Check In / Open Stretch	
5:00	March Out	
5:15	Flight 'A' Warm Up 1 st event	
5:30	Competition Begins	
7:30	Awards	



Qualification to the 2004 Level 9 Eastern Championships

The number of qualifiers per age division is as follows:

EAST	JUNIOR A	JUNIOR B	JUNIOR C	SENIOR A	SENIOR B	SENIOR C	Total # of qualifiers Easterns
Region 6	Qualifies 10	Qualifies 7	Qualifies 9	Qualifies 10	Qualifies 12	Qualifies 13	61

If there is a tie for the last place to qualify, both (all tied) athletes will advance to the Eastern Championships.

