

2007 Region 4 Championships

Thursday - April 19

Training Day (Only Friday and Saturday Gymnasts Allowed)

8:00 AM – 11:00 AM MO
11:00 AM – 2:00 PM IA-ND-NE-SD
2:00 PM – 4:30 PM WI
4:30 PM – 8:00 PM MN
9:00 PM Coaches Meeting (Host Hotel)

Friday - April 20

Level 9 Junior A, Junior C

8:00 AM Open Stretch and Coach's Meeting
8:30 AM Timed Warm Ups, Flight A
8:45 AM March-In & Competition
12:15 PM Competition Ends

Level 9 Junior B, Junior D, Senior A

12:15 PM Open Stretch and Coach's Meeting
12:45 PM Timed Warm Ups, Flight A
1:00 PM March-In & Competition
4:45 PM Competition Ends

Level 9 Senior B, Senior C, Senior D

4:45 PM Open Stretch and Coach's Meeting
5:15 PM Timed Warm Ups, Flight A
5:30 PM March-In & Competition (corrected from 6:00)
9:25 PM Competition Ends

Saturday - April 21

Level 10 Junior A, Junior B, Junior C, Junior D

8:00 AM Open Stretch and Coach's Meeting
8:30 AM Timed Warm Ups, Flight A
8:45 AM March-In & Competition
11:45 AM Competition Ends

Level 10 Senior A, Senior B, Senior C, Senior D

12:00 PM Open Stretch and Coach's Meeting
12:30 PM Timed Warm Ups, Flight A
12:45 PM March-In & Competition
3:40 PM Competition Ends

Level 8 Super Team

4:00 PM Open Stretch and Coach's Meeting
4:30 PM Timed Warm Ups, Flight A
4:45 PM March-In & Competition
8:40 PM Competition Ends

Sunday - April 22

Level 8 Junior A, Junior B

8:00 AM Open Stretch and Coach's Meeting
8:30 AM Timed Warm Ups, Flight A
8:45 AM March-In & Competition
12:40 AM Competition Ends

Level 8 Junior C, Senior A

12:30 PM Open Stretch and Coach's Meeting
1:00 PM Timed Warm Ups, Flight A
1:15 PM March-In & Competition
5:10 PM Competition Ends

Level 8 Senior B, Senior C

5:00 PM Open Stretch and Coach's Meeting
5:30 PM Timed Warm Ups, Flight A
5:45 PM March-In & Competition
9:40 PM Competition Ends