



2023 Women's Region 7 Level 9 & 10 Championships Session Schedule

Level 10

Thursday, April 13th

Session 1:	Junior A (16), Junior D (17) & Senior B (22)	Total: 55 (6 IES)
9:00 AM	Open Stretch, Coaches' Meeting	
9:25 AM	Introductions	
9:35 AM	Competition	
12:45 PM	Awards	
Session 2:	Senior D (26) & Senior E (25)	Total: 51 (4 IES)
1:00 PM	Open Stretch, Coaches' Meeting	
1:25 PM	Introductions	
1:35 PM	Competition	
4:30 PM	Awards & Senior Recognition for Senior D & E (46)	
Session 3:	Senior C (19) and Senior F (29)	Total: 48 (8 IES)
4:45 PM	Open Stretch, Coaches' Meeting	
5:10 PM	Introductions	
5:20 PM	Competition	
8:15 PM	Awards & Senior Recognition for Senior C & F (32)	

Level 10

Friday, April 14th

Session 4:	Junior B (23), Junior C (24) & Junior F (14)	Total: 61 (5 IES)
8:00 AM	Open Stretch, Coaches' Meeting	
8:25 AM	Introductions	
8:35 AM	Competition	
12:00 PM	Awards	
Session 5:	Junior E (24) & Senior A (26)	Total: 50 (7 IES)
12:15 PM	Open Stretch, Coaches' Meeting	
12:40 PM	Introductions	
12:50 PM	Competition	
3:30 PM	Awards & Senior Recognition for Junior E (1)	
5:00 PM	Team 7 Edge Meeting	
	<i><u>Mandatory for all Level 10s who qualify to DEV Nationals</u></i>	



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Level 9

Saturday, April 15th

Session 6:	Junior 6 (24) & Junior 7 (22)	Total: 46 (3 IES)
8:00 AM	Open Stretch, Coaches Meeting	
8:20 AM	Introductions	
8:30 AM	Competition	
11:00 AM	Awards	
Session 7:	Senior 2 (22) & Senior 3 (25)	Total: 47 (5 IES)
11:15 AM	Open Stretch & Coaches' Meeting	
11:35 AM	Introductions	
11:45 AM	Competition	
2:15 PM	Awards	
Session 8:	Junior 3 (26) & Junior 8 (22)	Total: 48 (1 IES)
2:30 PM	Open Stretch, Coaches' Meeting	
2:50 PM	Introductions	
3:00 PM	Competition	
5:30 PM	Awards	
Session 9:	Senior 7 (24) & Senior 8 (32)	Total: 56 (15 IES)
5:45 PM	Open Stretch, Coaches' Meeting	
6:05 PM	Introductions	
6:15 PM	Competition	
9:00 PM	Awards and Senior Recognition for Senior 7 and 8 (34)	

Level 9

Sunday, April 16th

Session 10:	Junior 1 (23), Junior 2 (18) & Senior 1 (15)	Total: 56 (3 IES)
8:00 AM	Open Stretch, Coaches' Meeting	
8:20 AM	Introductions	
8:30 AM	Competition	
11:15 AM	Awards	
Session 11:	Senior 5 (30) & Senior 6 (27)	Total: 57 (11 IES)
11:30 AM	Open Stretch, Coaches' Meeting	
11:50 AM	Introductions	
12:00 PM	Competition	
2:45 PM	Awards	
Session 12:	Junior 4 (21), Junior 5 (16) & Senior 4 (18)	Total: 55 (2 IES)
3:00 PM	Open Stretch, Coaches' Meeting	
3:20 PM	Introductions	
3:30 PM	Competition	
6:15 PM	Awards	

*Live scoring will be available at
MeetScoresOnline.com and myUSAGym.com*