

2021 Regionals level 9 & 10

USAG COVID regulations will be followed.

*Masks are required for adults and for gymnasts while not competing.

*Follow our social distancing guidelines when you arrive.

Currently, we are not limiting spectators as we have a large facility but that could change if local guidelines change.

*Please DO NOT ARRIVE EARLY and expect to be let in the gym.

Flo Sports will be live streaming the event. If you wish to opt out, contact lacey.london@flosports.tv

Thursday, April 15

Session #1 Level 10

Jr. A / Jr. B / Jr. C

— Doors open at 11:30 —
12:00 Open Stretch
12:20 Prayer, Intro,
National Anthem
12:30 Warm-Up/Compete
& Awards to Follow

Session #2 Level 10

Jr. D / Jr. E

— Doors open at 4:45 —
5:00 Open Stretch
5:20 Prayer, Intro,
National Anthem
5:30 Warm-Up/Compete
& Awards to Follow

Friday, April 16

Session #3 Level 10

Jr. F / Sr. A

— Doors open at 8:30 —
9:00 Open Stretch
9:20 Prayer, Intro,
National Anthem
9:30 Warm-Up/Compete
& Awards to Follow

Session #4 Level 10

Sr. B / Sr. C

— Doors open at 12:15 —
12:30 Open Stretch
12:50 Prayer, Intro,
National Anthem
1:00 Warm-Up/Compete
& Awards to Follow

Session #5 Level 10

Sr. D / Sr. E / Sr. F

— Doors open at 4:45 —
5:00 Open Stretch
5:20 Prayer, Intro,
National Anthem
5:30 Warm-Up/Compete
& Awards to Follow

Saturday, April 17

Session #6 Level 9

Jr. 1 / Jr. 2

— Doors open at 7:30 —
8:00 Open Stretch
8:20 Prayer, Intro,
National Anthem
8:30 Warm-Up/Compete
& Awards to Follow

Session #7 Level 9

Jr. 3 / Jr. 6 / Jr. 7

— Doors open at 12:15 —
12:30 Open Stretch
12:50 Prayer, Intro,
National Anthem
1:00 Warm-Up/Compete
& Awards to Follow

Session #8 Level 9

Jr. 4 / Jr. 5 / Jr. 8

— Doors open at 4:45 —
5:00 Open Stretch
5:20 Prayer, Intro,
National Anthem
5:30 Warm-Up/Compete
& Awards to Follow

Sunday, April 18

Session #9 Level 9

Sr. 1 / Sr. 2 / Sr. 6 / Sr. 8

— Doors open at 7:30 —
8:00 Open Stretch
8:20 Prayer, Intro,
National Anthem
8:30 Warm-Up/Compete
& Awards to Follow

Session #10 Level 9

Sr. 3 / Sr. 4 / Sr. 5 / Sr. 7

— Doors open at 11:45 —
12:00 Open Stretch
12:20 Prayer, Intro,
National Anthem
12:30 Warm-Up/Compete
& Awards to Follow

Next Level - Unisex Fine Jersey Ringer

Color: Natural/ Maroon

with Maroon & Rose Gold sparkle

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admission **cash only**

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Kids 4-12 \$7

Kids <3 free

Seniors >59 \$7

Plenty of Space



Following COVID regulations.



Rock Solid Athletics

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