



2020 Men's Region 1 Gymnastics Championships

Reno, Nevada



Note: the change in States for the Schedule Training times on Wednesday. Wednesday training is **ONLY** for Level 7-10 & JD gymnasts. The competition gym is **ONLY** available for States for their scheduled time! The warm-up gym will be available to all States the entire time.

<u>2020 Regionals TENTATIVE Schedule v2</u>					
<i>as of: 2/18/20</i>					
<u>Wednesday, April 1</u>					
Open training at venue (Level 7 - 10 & JD only)					
Warm-up gym - is open to ALL Level 7-10 & JD from 3:15pm-8:00pm					
Competition Gym - is scheduled as follows (ONLY Level 7-10 & JD):					
Session 1	3:30pm - 5:00pm	Nor Cal			
Session 2	5:00pm - 6:30pm	So Cal			
Session 3	6:30pm - 8:00pm	AZ, HI, NV			
	8:00pm - 9:00pm	Technical Meeting & General Coaches Meeting			
<u>Thursday, April 2</u>			<u>Saturday, April 4</u>		
<u>Session</u>	<u>Approx Start</u>	<u>Level</u>	<u>Session</u>	<u>Approx Start</u>	<u>Level</u>
Session 1	8:00am	9(15-16), JD(11-18)	Session 7	8:00am	Level 5 (7-9)
Session 2	12:30pm	Level 10 (15-16)	Session 8	12:30pm	Level 6 (8-11)
Session 3	5:00pm	Level 10 (17-19)	Session 9	5:05pm	Technical Sequence
<u>Friday, April 3</u>			<u>Sunday, April 5</u>		
<u>Session</u>	<u>Approx Start</u>	<u>Level</u>	9:00am: Regional Team Clinic (Level 8,9,10)		
Session 4	8:00am	Level 7 (10-18)	<u>Session</u>	<u>Approx Start</u>	<u>Level</u>
Session 5	12:10pm	Level 8 (11-14)	Session 10	12:00pm	Level 6 (12-18)
Session 6	5:00pm	Level 9 (13-14)	Session 11	3:45pm	Level 5 (10-18)
Notes: Levels and age groups have now been set on which session they will be competing in.					
8:00am start times are FINAL; all others are plus or minus 30 to 45 min.					
You can now make travel arrangements based on this schedule.					
Start times might change when final numbers come in after ALL State Championships.					
The FINAL Schedule will be posted late March (this will have the final start times).					