



# 2026 LEVEL 9-10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

Friday, April 10th

## **SESSION 1**

### **LEVEL 10**

*Senior A (26), Senior D (17),  
Senior E (16)*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:30 AM

## **SESSION 2**

### **LEVEL 10**

*Junior B (12), Senior C (25),  
Senior F (25)*

General Stretch	11:40 AM
Introductions	12:00 PM
Timed Warm Up	12:10 PM
Competition Begins	12:28 PM
Awards	3:30 PM

## **SESSION 3**

### **LEVEL 10**

*Junior C (14), Junior F (21),  
Senior B (24)*

General Stretch	3:15 PM
Introductions	3:35 PM
Timed Warm Up	3:45 PM
Competition Begins	4:00 PM
Awards	6:45 PM

## **SESSION 4**

### **LEVEL 10**

*Junior A (12), Junior D (21),  
Junior E (23)*

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:45 PM



# 2026 LEVEL 9-10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

Saturday, April 11th

## **SESSION 5** **LEVEL 9**

*Senior 6 (22), Senior 8 (38)*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:15 AM

## **SESSION 6** **LEVEL 9**

*Junior 7 (17), Senior 1 (27),  
Senior 2 (17)*

General Stretch	11:25 AM
Introductions	11:45 AM
Timed Warm Up	11:55 AM
Competition Begins	12:10 PM
Awards	3:00 PM

## **SESSION 7** **LEVEL 9**

*Junior 8 (18), Senior 3 (14),  
Senior 7 (27)*

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:30 PM

## **SESSION 8** **LEVEL 9**

*Junior 6 (23), Senior 4 (24)*

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:30 PM



# 2026 LEVEL 9-10 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

Sunday, April 12th

## **SESSION 9** **LEVEL 9**

*Junior 1 (16), Junior 2 (18),  
Junior 5 (13), Senior 5 (12)*

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards	11:25 AM

## **SESSION 10** **LEVEL 9**

*Junior 3 (22), Junior 4 (19)*

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:10 PM
Awards	2:10 PM