

2010 Optional Regional Championships

(This competition will be held in conjunction with the 2010 NCAA Championships)

Host: USMA West Point NY

Location: Holleder Center

Proposed schedule: **2010 NCAA Schedule of Events**

APRIL 12-13 Mon- Tues. Teams arrive – open work outs

APRIL 14 - Wed. Team check in, credentials and packets given out at head table.

9:00 – Official NCAA Coaches Meeting – Hotel Thayer

11:30 – Team warm up session 1

2:30 – Team warm up session 2

6:30 – 8:15 Nissen-Emery Awards banquet – IKE Hall

APRIL 15 – Thurs. 10:00 – Session 1 Open gym

11:20 – Timed warm up Session 1

1:00 – NCAA Session 1 competition

4:00 – Session 2 Open gym

5:20 – Timed warm up Session 2

7:00 – NCAA Session 2 competition

APRIL 16 – Fri 8:00 – 10:00 Open gym NCAA athletes only

10:00 – 10:30 Region 7 open warm up – Level 10 (16+)

10:30 – 12:00 Region 7 Timed warm up

12:00 – Region 7 Competition begins – Level 10 (16+)

2:00 – 2:30 Awards

4:00 – NCAA Teams arrive – Open warm up

5:20 – Timed warm up NCAA Session 3

7:00 – NCAA Session 3 competition

9:30 – Awards presentation – Team and All Around

APRIL 17 - Sat. 7:30 – Open warm up Region 7 Level 9

8:00 – Timed warm up

9:30 – Competition begins – Level 9

11:30 – Awards

12:00 – Open warm up Region 7 Level 10 (14-15)

12:30 – Timed warm up

2:00 – Competition begins – Level 10 (14-15)

4:00 – Awards

5:30 – NCAA Session 4 Open warm up

7:00 – NCAA Finals – Session 4

9:00 -- Hotel Thayer coaches judges social

APRIL 18 – Sun. 7:30 – Open warm up – Region 7 Level 7 (10-11)

8:00 – Timed warm up

9:30 – Competition begins Region 7 Level 7 (10-11)

11:30 – Awards

12:30 – Open warm up – Region 7 Level 8 & Level 12+

1:00 – Competition begins – Region 7 Level 8 & Level 7 (12+)

3:00 – Awards

Host Hotel:

Hampton Inn Woodbury

60 Centre Drive

Central Valley, NY 10917

(845) 782-9600

Price - \$149.00 - Mention Group Code "2NC"

Rooms will be held starting April 15, 2009 to March 16, 2010.

Cancellations: 72 hours prior to arrival.

Check In: 3:00pm

Check Out: 11:00am