



**2022 WOMEN'S DEVELOPMENT PROGRAM
LEVEL 9 EASTERN NATIONAL CHAMPIONSHIPS**

[SITE: Golisano Training Center - Nazareth College](#)

HOST: Rochester Gymnastics Academy



Thursday, May 05, 2022			
8:00 AM		5:00 PM	GK COMPETITION APPAREL PICK-UP
8:00 AM		10:30 AM	Open Workout for Region 6
10:50 AM		1:20 PM	Open Workout for Region 7
1:40 PM		4:10 PM	Open Workout for Region 8
4:30 PM		7:00 PM	Open Workout for Region 5
Friday, May 06, 2022			
8:00 AM		8:00 PM	GK COMPETITION APPAREL PICK-UP
SESSION I - JUNIOR 1 and JUNIOR 2			
8:00 AM		8:20 AM	Open Stretch
8:25 AM		8:40 AM	March-In and Introductions
8:45 AM		9:05 AM	Flight 1 Timed Warm-up
9:05 AM		11:55 AM	Junior 1 and Junior 2 Competition
12:00 PM		12:30 PM	Awards for Junior 1 and Junior 2
SESSION II - JUNIOR 3 and JUNIOR 4			
12:30 PM		12:50 PM	Open Stretch
12:55 PM		1:10 PM	March-In and Introductions
1:15 PM		1:35 PM	Flight 1 Timed Warm-up
1:35 PM		4:25 PM	Junior 3 and Junior 4 Competition
4:30 PM		5:00 PM	Awards for Junior 3 and Junior 4
SESSION III - JUNIOR 5 and JUNIOR 6			
5:00 PM		5:20 PM	Open Stretch
5:25 PM		5:40 PM	March-In and Introductions
5:45 PM		6:05 PM	Flight 1 Timed Warm-up
6:05 PM		8:55 PM	Junior 5 and Junior 6 Competition
9:00 PM		9:30 PM	Awards for Junior 5 and Junior 6
Saturday, May 07, 2022			
8:00 AM		8:00 PM	GK COMPETITION APPAREL PICK-UP
SESSION IV - JUNIOR 7 and JUNIOR 8			
8:00 AM		8:20 AM	Open Stretch
8:25 AM		8:40 AM	March-In and Introductions
8:45 AM		9:05 AM	Flight 1 Timed Warm-up
9:05 AM		11:55 AM	Junior 7 and Junior 8 Competition
12:00 PM		12:30 PM	Awards for Junior 7 and Junior 8
SESSION V - SENIOR 1 and SENIOR 2			
12:30 PM		12:50 PM	Open Stretch
12:55 PM		1:10 PM	March-In and Introductions
1:15 PM		1:35 PM	Flight 1 Timed Warm-up
1:35 PM		4:25 PM	Senior 1 and Senior 2 Competition
4:30 PM		5:00 PM	Awards for Senior 1 and Senior 2
SESSION VI - SENIOR 3 and SENIOR 4			
5:00 PM		5:20 PM	Open Stretch
5:25 PM		5:40 PM	March-In and Introductions
5:45 PM		6:05 PM	Flight 1 Timed Warm-up
6:05 PM		8:55 PM	Senior 3 and Senior 4 Competition
9:00 PM		9:30 PM	Awards for Senior 3 and Senior 4
Sunday, May 08, 2022			
8:00 AM		12:00 PM	GK COMPETITION APPAREL PICK-UP
SESSION VII - SENIOR 5 and SENIOR 6			
8:00 AM		8:20 AM	Open Stretch
8:25 AM		8:40 AM	March-In and Introductions
8:45 AM		9:05 AM	Flight 1 Timed Warm-up
9:05 AM		11:55 AM	Senior 5 and Senior 6 Competition
12:00 PM		12:30 PM	Awards for Senior 5 and Senior 6
SESSION VIII - SENIOR 7 and SENIOR 8			
12:30 PM		12:50 PM	Open Stretch
12:55 PM		1:10 PM	March-In and Introductions
1:15 PM		1:35 PM	Flight 1 Timed Warm-up
1:35 PM		4:25 PM	Senior 7 and Senior 8 Competition
4:30 PM		5:00 PM	Awards for Senior 7 and Senior 8