



## 2019 JR OLYMPIC LEVEL 9 WESTERN NATIONAL CHAMPIONSHIPS

SCHEDULE OF EVENTS

SITE: Spokane Convention Center (SCC)

HOST: Spokane Sports Commission

Hotel Information:

[Click here for hotel reservations.](#)



Thursday, May 09, 2019			
8:00 AM	5:00 PM	GK COMPETITION APPAREL PICK-UP	SCC
8:00 AM	10:30 AM	Open Workout for Region 4	Competition Gym
10:30 AM	1:00 PM	Open Workout for Region 3	Competition Gym
1:00 PM	3:30 PM	Open Workout for Region 1	Competition Gym
3:30 PM	6:00 PM	Open Workout for Region 2	Competition Gym
6:30 PM	9:30 PM	Welcome Party	TBA
Friday, May 10, 2019			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	SCC
SESSION I - JUNIOR 1 & JUNIOR 2			
8:30 AM	9:15 AM	Open Stretch (30 min), March-In and Introductions	Competition Gym
9:20 AM	9:35 AM	Flight 1 Timed Warm-up	Competition Gym
9:35 AM	12:15 PM	Junior 1 and Junior 2 Competition	Competition Gym
12:15 PM	12:45 PM	Awards for Junior 1 and Junior 2	
SESSION II - JUNIOR 3 & JUNIOR 4			
12:30 PM	1:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
1:20 PM	1:35 PM	Flight 1 Timed Warm-up	Competition Gym
1:35 PM	4:15 PM	Junior 3 and Junior 4 Competition	Competition Gym
4:15 PM	4:45 PM	Awards for Junior 3 and Junior 4	
SESSION III - JUNIOR 5 & JUNIOR 6			
4:30 PM	5:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
5:20 PM	5:35 PM	Flight 1 Timed Warm-up	Competition Gym
5:35 PM	8:15 PM	Junior 5 and Junior 6 Competition	Competition Gym
8:15 PM	8:45 PM	Awards for Junior 5 and Junior 6	
Saturday, May 11, 2019			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	SCC
SESSION IV - JUNIOR 7 & JUNIOR 8			
8:30 AM	9:15 AM	Open Stretch (30 min), March-In and Introductions	Competition Gym
9:20 AM	9:35 AM	Flight 1 Timed Warm-up	Competition Gym
9:35 AM	12:15 PM	Junior 7 and Junior 8 Competition	Competition Gym
12:15 PM	12:45 PM	Awards for Junior 7 and Junior 8	
SESSION V - SENIOR 1 & SENIOR 2			
12:30 PM	1:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
1:20 PM	1:35 PM	Flight 1 Timed Warm-up	Competition Gym
1:35 PM	4:15 PM	Senior 1 and Senior 2 Competition	Competition Gym
4:15 PM	4:45 PM	Awards for Senior 1 and Senior 2	
SESSION VI - SENIOR 3 & SENIOR 4			
4:30 PM	5:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
5:20 PM	5:35 PM	Flight 1 Timed Warm-up	Competition Gym
5:35 PM	8:15 PM	Senior 3 and Senior 4 Competition	Competition Gym
8:15 PM	8:45 PM	Awards for Senior 3 and Senior 4	
Sunday, May 12, 2019			
8:00 AM	12:00 PM	GK COMPETITION APPAREL PICK-UP	SCC
SESSION VII - SENIOR 5 & SENIOR 6			
8:00 AM	8:45 AM	Open Stretch (30 min), March-In and Introductions	Competition Gym
8:50 AM	9:05 AM	Flight 1 Timed Warm-up	Competition Gym
9:05 AM	11:45 AM	Senior 5 and Senior 6 Competition	Competition Gym
11:45 AM	12:15 PM	Awards for Senior 5 and Senior 6	
SESSION VIII - SENIOR 7 & SENIOR 8			
12:00 PM	12:45 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
12:50 PM	1:05 PM	Flight 1 Timed Warm-up	Competition Gym
1:05 PM	3:45 PM	Senior 7 and Senior 8 Competition	Competition Gym
3:45 PM	4:15 PM	Awards for Senior 7 and Senior 8	