



**2021 WOMEN'S DEVELOPMENT PROGRAM
LEVEL 9 WESTERN NATIONAL CHAMPIONSHIPS**

SITE: Xtreme Arena - Coralville, IA

HOST: Triad Gymnastics



USA GYMNASTICS.

Thursday, May 06, 2021			
8:00 AM	5:00 PM	GK COMPETITION APPAREL PICK-UP	
8:00 AM	10:30 AM	Open Workout for Region 3	Competition Gym
10:50 AM	1:20 PM	Open Workout for Region 4	Competition Gym
1:40 PM	4:10 PM	Open Workout for Region 1	Competition Gym
4:30 PM	7:00 PM	Open Workout for Region 2	Competition Gym
Friday, May 07, 2021			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION I - JUNIOR 1 and JUNIOR 2			
8:00 AM	8:30 AM	Open Stretch	Competition Gym
8:30 AM	8:45 AM	March-In and Introductions	Competition Gym
8:50 AM	9:10 AM	Flight 1 Timed Warm-up	Competition Gym
9:10 AM	12:00 PM	Junior 1 and Junior 2 Competition	Competition Gym
12:00 PM	12:30 PM	Awards for Junior 1 and Junior 2	
SESSION II - JUNIOR 3 and JUNIOR 4			
12:30 PM	1:00 PM	Open Stretch	Competition Gym
1:00 PM	1:15 PM	March-In and Introductions	Competition Gym
1:20 PM	1:40 PM	Flight 1 Timed Warm-up	Competition Gym
1:40 PM	4:30 PM	Junior 3 and Junior 4 Competition	Competition Gym
4:30 PM	5:00 PM	Awards for Junior 3 and Junior 4	
SESSION III - JUNIOR 5 and JUNIOR 6			
5:00 PM	5:30 PM	Open Stretch	Competition Gym
5:30 PM	5:45 PM	March-In and Introductions	Competition Gym
5:50 PM	6:10 PM	Flight 1 Timed Warm-up	Competition Gym
6:10 PM	9:00 PM	Junior 5 and Junior 6 Competition	Competition Gym
9:00 PM	9:30 PM	Awards for Junior 5 and Junior 6	
Saturday, May 08, 2021			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION IV - JUNIOR 7 and JUNIOR 8			
8:00 AM	8:30 AM	Open Stretch	Competition Gym
8:30 AM	8:45 AM	March-In and Introductions	Competition Gym
8:50 AM	9:10 AM	Flight 1 Timed Warm-up	Competition Gym
9:10 AM	12:00 PM	Junior 7 and Junior 8 Competition	Competition Gym
12:00 PM	12:30 PM	Awards for Junior 7 and Junior 8	
SESSION V - SENIOR 1 and SENIOR 2			
12:30 PM	1:00 PM	Open Stretch	Competition Gym
1:00 PM	1:15 PM	March-In and Introductions	Competition Gym
1:20 PM	1:40 PM	Flight 1 Timed Warm-up	Competition Gym
1:40 PM	4:30 PM	Senior 1 and Senior 2 Competition	Competition Gym
4:30 PM	5:00 PM	Awards for Senior 1 and Senior 2	
SESSION VI - SENIOR 3 and SENIOR 4			
5:00 PM	5:30 PM	Open Stretch	Competition Gym
5:30 PM	5:45 PM	March-In and Introductions	Competition Gym
5:50 PM	6:10 PM	Flight 1 Timed Warm-up	Competition Gym
6:10 PM	9:00 PM	Senior 3 and Senior 4 Competition	Competition Gym
9:00 PM	9:30 PM	Awards for Senior 3 and Senior 4	
Sunday, May 09, 2021			
8:00 AM	12:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION VII - SENIOR 5 and SENIOR 6			
8:00 AM	8:30 AM	Open Stretch	Competition Gym
8:30 AM	8:45 AM	March-In and Introductions	Competition Gym
8:50 AM	9:10 AM	Flight 1 Timed Warm-up	Competition Gym
9:10 AM	12:00 PM	Senior 5 and Senior 6 Competition	Competition Gym
12:00 PM	12:30 PM	Awards for Senior 5 and Senior 6	
SESSION VIII - SENIOR 7 and SENIOR 8			
12:30 PM	1:00 PM	Open Stretch	Competition Gym
1:00 PM	1:15 PM	March-In and Introductions	Competition Gym
1:20 PM	1:40 PM	Flight 1 Timed Warm-up	Competition Gym
1:40 PM	4:30 PM	Senior 7 and Senior 8 Competition	Competition Gym
4:30 PM	5:00 PM	Awards for Senior 7 and Senior 8	