

2025 Region 1 Championships Block Schedule

Thursday

3:00-3:50 PM Level 8 Session Warm Up

Time	LVL	TR-A	LVL	TR-B	#	LVL	TU-A	LVL	TU-B	LVL	DMT-A	LVL	DMT-B
Session 1													
4:00 PM	LVL 8	15+M				LVL 8	13-14F	LVL 8	11-12M	LVL 8	9-10F	LVL 8	11-12F
4:30 PM	LVL 8	15+F				LVL 8	13-14F	LVL 8	9-10F	LVL 8	15+F	LVL 8	11-12F
5:00 PM	LVL 8	15+F				LVL 8	13-14F	LVL 8	9-10F	LVL 8	15+F	LVL 8	11-12M
5:30 PM	LVL 8	15+F				LVL 8	13-14M	LVL 8	11-12F	LVL 8	15+F	LVL 8	13-14F
6:00 PM	LVL 8	11-12M				LVL 8	15+F	LVL 8	11-12F	LVL 8	15+F	LVL 8	13-14F
6:30 PM	LVL 8	9-10F				LVL 8	15+F	LVL 8	11-12F	LVL 8	15+M	LVL 8	13-14M
7:00 PM	LVL 8	13-14F				LVL 8	15+F						
7:30PM Session 1 Awards													

1:05-1:55 PM Level 9- Elite Warm Up													
Time	LVL	TR-A	LVL	TR-B	#	LVL	TU-A	LVL	TU-B	LVL	DMT-A	LVL	DMT-B
Session 3													
2:00 PM	Senior M	All				Senior F	All			LVL 10	15/16F	LVL 9	11/12F
	IE M	All				IE F	All			LVL 10	15/16M		
	IE F	All											
2:30 PM	YE F	All				Senior M	All			LVL 10	13/14F	LVL 9	11/12M
	YE M	All				JE M	All			LVL 10	13/14M	LVL 9	13/14F
	JE F	All										LVL 9	9/10M
	JE M	All											
3:00 PM	LVL 9	11/12F				LVL 9	13/14F			Senior M	All	LVL 9	13/14F
	LVL 9	11/12M								Senior F	All		
	LVL 9	9/10M								IE F	All		
3:30 PM	Open F	All				LVL 9	15+ F			YE F	All		
	Open M	All								YE M	All	LVL 9	13/14F
										JE F	All		
										JE M	All		
4:00 PM	LVL 9	13/14M				YE F	All			Open F	All	LVL 9	15+F
	LVL 9	15+M											
4:30 PM	LVL 9	13/14F				YE M	All			Open M	All	LVL 9	13/14M
						JE M	All					LVL 9	15+F
5:00 PM	LVL 10	13/14F				LVL 10	15/16F					LVL 9	15+M
						LVL 10	15/16M						
						Open M	All						
						Open F	All						
5:30 PM	LVL 9	15+F				LVL 9	15+M						
	LVL 10	15/16F											
6:00 PM	LVL 10	13/14M				LVL 9	11/12F						
	LVL 10	15/16M				LVL 9	11/12M						
						LVL 9	13/14M						
						LVL 10	11/12F						
						LVL 10	11/12M						
						LVL 10	13/14F						
6:30PM Session 3 Awards													

Saturday													
Time	LVL	TR-A	LVL	TR-B	#	LVL	TU-A	LVL	TU-B	LVL	DMT-A	LVL	DMT-B
Session 4													
8:30 AM	LVL 5	11/12F	LVL 6	11/12F	10	LVL 5	11/12F	LVL 7	11/12F	LVL4	11/12F	LVL 6	11/12M
												LVL 6	11/12F
8:55 AM	LVL 5	11/12F	LVL 6	11/12F	10	LVL 5	11/12F	LVL 7	11/12F	LVL4	11/12F	LVL 6	11/12F
										LVL 5	11/12F		
9:20 AM	LVL 5	11/12F	LVL 6	11/12F	5	LVL 5	11/12F	LVL 7	11/12F	LVL 5	11/12F	LVL 6	11/12F
			LVL 6	11/12M	4	LVL 5	11/12M						
9:45 AM	LVL 5	11/12F	LVL 7	11/12F	10	LVL 4	11/12F	LVL 6	11/12M	LVL 5	11/12F	LVL 6	11/12F
	LVL 5	11/12M						LVL 7	11/12M				
10:10 AM	LVL 4	11/12F	LVL 7	11/12F	2	LVL 4	11/12F	LVL 6	11/12F	LVL 5	11/12F	LVL 7	11/12F
			LVL 7	11/12 M	7								
10:35 AM	LVL 4	11/12F	LVL 3	11/12F	4			LVL 6	11/12F	LVL 5	11/12F	LVL 7	11/12F
		11/12M	LVL 2	11/12F	2	LVL 3	11/12F					LVL 7	11/12M
												LVL 5	11/12M
11:00 AM						LVL 3	11/12F	LVL 6	11/12F	LVL 3	11/12F		
						LVL 1	11/12F			LVL 4	11/12M		
						LVL 2	11/12F						
						LVL 3	11/12 M						
11:30AM Session 4 Awards													
11:30-12:15 PM LUNCH													
Time	LVL	TR-A	LVL	TR-B	#	LVL	TU-A	LVL	TU-B	LVL	DMT-A	LVL	DMT-B
Session 5													
12:15 PM	LVL 5	13/14F	LVL 4	13/14F	3	LVL 5	13/14M	LVL 7	13/14F	LVL 6	13/14F	LVL 6	13/14M
			LVL 4	13/14M	1	LVL 6	13/14M					LVL 7	13/14M
			LVL 5	13/14M	2	LVL 7	13/14M						
12:40 PM	LVL 5	13/14F	LVL 6	13/14M	4	LVL 3	13/14F	LVL 4	13/14F	LVL 5	13/14F	LVL 7	13/14F
			LVL 7	13/14M	5	LVL 3	13/14M	LVL 4	13/14M				
						LVL 2	13/14F						
						LVL 2	13/14M						
1:05 PM	LVL 6	13/14F	LVL 7	13/14F	6	LVL 5	13/14F	LVL 6	13/14F	LVL 5	13/14F	LVL 4	13/14F
												LVL 5	13/14M
1:30 PM	LVL 7	15+F	LVL 5	15+M	3	LVL 6	15+M	LVL 2	15+F	LVL 5	15+F	LVL 6	15+F
			LVL 6	15+F	5	LVL 7	15+M	LVL 3	15+F			LVL 5	15+M
			LVL 6	15+M	2	LVL 4	15+M	LVL 4	15+F			LVL 6	15+M
						LVL 5	15+M	LVL 5	15+F				
1:55 PM	LVL 3	15+F				LVL 6	15+F	LVL 7	15+F	LVL 7	15+F	LVL 4	15+F
	LVL 4	15+F										LVL 1	15+F
	LVL 5	15+F											
2:20PM Session 5 Awards													

2:30-3:20 PM FINALS Warm UP													
Time	LVL	TR-A	LVL	TR-B	#	LVL	TU-A	LVL	TU-B	LVL	DMT-A	LVL	DMT-B
Session 6													
3:30 PM	LVL 9	11/12F				LVL 10	15/16F			LVL 10	15/16F	LVL 9	15+F
	LVL 9	11/12M				LVL 10	15/16M			LVL 10	15/16M		
	LVL 9	9/10M				Open M	All						
4:00 PM	Open F	All				Open F	All			LVL 10	13/14F	LVL 9	11/12M
	Open M	All								LVL 10	13/14M	LVL 9	13/14F
												LVL 9	9/10M
4:30 PM	LVL 9	13/14M				LVL 9	13/14F			Open M	All	LVL 9	13/14F
	LVL 9	15+M											
5:00 PM	LVL 9	13/14F				LVL 9	15+ F			Open F	All	LVL 9	13/14M
5:30 PM	LVL 9	15+F				LVL 9	15+M					LVL 9	11/12F
	LVL 10	15/16F											
6:00 PM	LVL 10	13/14M				LVL 9	11/12F					LVL 9	15+M
	LVL 10	15/16M				LVL 9	11/12M						
						LVL 9	13/14M						
						LVL 10	11/12F						
						LVL 10	11/12M						
						LVL 10	13/14F						
6:30PM Session 6 Awards													
Warm Up Procedures													
Level 8-Elite													
Session Warm up plus touches													
Trampoline - 2 Touches													
Tumbling - 3 Passes													
Double Mini - 3 Passes													
Level 1-7													
Trampoline - 2 Touches													
Tumbling - 2 Passes													
Double Mini - 2 Passes													