



2024 Men's Region 8 Championships

Competition Schedule

THURSDAY, APRIL 4, 2024

OPEN WORKOUT	4:00PM – 7:00PM	Levels 8-10 Only Every athlete must be accompanied by a coach.
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FRIDAY, APRIL 5, 2024

SESSION FR1	8:00AM – 11:45AM	Technical Sequences (All JE Athletes)
SESSION FR2	12:00PM – 4:40PM	Levels 5 & 6
SESSION FR3	5:00PM – 9:10PM	Level 7

SATURDAY, APRIL 6, 2024

SESSION SA1	8:00AM – 12:15PM	Level 9
SESSION SA2	12:35PM – 4:45PM	Level 10 (Ages 16-17)
SESSION SA3	5:05PM – 8:15PM	Level 10 (Ages 18+)

The age determination date is December 31, 2024. Level 10 athletes will compete in the appropriate session based on their age as of December 31, 2024.

SUNDAY, APRIL 7, 2024

SESSION SU1	8:00AM – 10:50AM	Level 8
SESSION SU2	11:05AM – 3:15PM	Level 4
SESSION SU3	3:30PM – 7:20PM	Level 3

Individual awards will immediately follow each session. Athletes will be divided into equal age groups based upon the total number of athletes in each respective level/division.

Senior Recognition and Academic All-American Awards will take place at the beginning of each awards ceremony (if applicable).