

## Region 3 Championships & Invitational (L3-6 & Xcel & Groups)

Lifetime Fitness, 18425 Dodd Blvd, Lakeville, MN 55044

### **SATURDAY, 5/11:**

#### **Session 1: Level 4 2010/2011 Group A**

Gym Opens: 7:30

Competition: 8:30 - 10:05am

#### **Session 2: Level 4 2010/2011 Group B**

Gym Opens: 9:20

Competition: 10:10 - 12:00

**LEVEL 4 2010 & 2011 Awards**

**JUDGES BREAK 12:00-12:30**

#### **Session 3: Beg Group/ All Xcel:**

Gym Opens: 11:00

Competition: 12:30-1:20

**Beg Group/ All Xcel Awards**

#### **Session 4: Level 5 (07, 11)**

Gym Opens: 11:50

Competition: 1:20 – 2:15

#### **Session 5: Level 5 (2010)**

Gym Opens: 12:45

Competition: 2:15 – 3:00

#### **Session 6: Level 5 (09, 05)**

Gym opens: 1:30

Competition: 3:00 – 3:50

#### **Session 7: Level 5 (06, 08)**

Gym opens: 2:20

Competition: 3:50 – 4:55

#### **Session 8: Level 6 (05, 06, 10, 11)**

Gym opens: 3:25

Competition: 4:55 – 5:45

**JUDGES BREAK 5:45-6:15**

#### **Session 9: Level 6 (2009)**

Gym Opens: 4:45

Competition: 6:15 – 7:00

#### **Session 10: Level 6 (08)**

Gym Opens: 5:30

Competition: 7:00 – 8:20

#### **Session 11: Level 6 (07)**

Gym Opens: 6:50

Competition: 8:20 – 9:10

## Region 3 Championships & Invitational (L3-6 & Xcel & Groups)

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### Sunday, 5/12: - Awards Follow Each Session

#### **Session 1: Level 4**

Gym Opens: 7:30

Competition: 8:30 - 10:25am

#### **Session 2: Level 3**

Gym Opens: 9:30

Competition: 10:30 – 11:30

#### **Session 3: Level 5 (07, 11)**

Gym Opens: 10:00

Competition: 11:30 – 12:20

#### **Session 4: Level 5 (2010)**

Gym Opens: 10:50

Competition: 12:20 – 1:00

#### **JUDGES BREAK 1:00-1:30**

#### **Session 5: Level 5 (09, 05)**

Gym opens: 12:00

Competition: 1:30 – 2:20

#### **Session 6: Level 5 (06, 08)**

Gym opens: 12:50

Competition: 2:20 – 3:25

#### **Session 7: Level 6 (05, 06, 10, 11)**

Gym opens: 1:55

Competition: 3:25 – 4:20

#### **Session 8: Level 6 (2009)**

Gym Opens: 2:50

Competition: 4:20 – 5:05

#### **Session 9: Level 6 (08)**

Gym Opens: 3:35

Competition: 5:05 – 6:20

#### **Session 10: Level 6 (07)**

Gym Opens: 4:50

Competition: 6:20 – 7:10