



Qwest Center Omaha – June 5-6  
455 No 10<sup>th</sup> – Exhibit Hall B  
NATIONAL CHAMPIONSHIPS 2010 FINAL SCHEDULE

| <u>SATURDAY – June 5<sup>th</sup></u>                                    | <u>Gym Opens/<br/>Stretching</u> | <u>March-In</u> | <u>Approximate<br/>Awards Time</u> |
|--|----------------------------------|-----------------|------------------------------------|
| <b><u>SESSION SA1A</u></b><br>Girls Level 6 & 7: All Ages                | 8:00 a.m.                        | 8:20 a.m.       | 10:45 a.m.                         |
| Girls Level 5: 13-14 Yrs   |                                  |                 |                                    |
| <b><u>SESSION SA1B</u></b><br>Boys Levels 3 & 4: All Ages                | 8:00 a.m.                        | 8:20 a.m.       | 10:00 a.m.                         |
| -----  |                                  |                 |                                    |
| <b><u>SESSION SA2A</u></b><br>Girls Level 5: 12 Years & Younger          | 11:15 a.m.                       | 11:35 a.m.      | 2:30 p.m.                          |
| <b><u>SESSION SA2B</u></b><br>Boys Levels 4.5, 5, 6 & Optional: All Ages | 11:15 a.m.                       | 11:35 a.m.      | 1:00 p.m.                          |
| -----  |                                  |                 |                                    |
| <b><u>SESSION SA3A</u></b><br>Girls Novice Optional All Ages             | 3:15 p.m.                        | 3:35 p.m.       | 5:45 p.m.                          |
| <b><u>SESSION SA3B</u></b><br>Girls Level 2: 5-7 & 11 & Older Yrs        | 3:15 p.m.                        | 3:35 p.m.       | 6:00 p.m.                          |
| -----  |                                  |                 |                                    |
| <b><u>SESSION SA4A</u></b><br>Girls Int & Adv Optional: All Ages         | 6:30 p.m.                        | 6:50 p.m.       | 8:45 p.m.                          |
| Girls Level 8: All Ages  |                                  |                 |                                    |
| <b><u>SESSION SA4B</u></b><br>Girls Level 2: 8, 9 & 10 Yrs               | 6:30 p.m.                        | 6:50 p.m.       | 8:45 p.m.                          |
| -----  |                                  |                 |                                    |
| <b><u>SUNDAY – JUNE 6<sup>TH</sup></u></b>                               |                                  |                 |                                    |
| <b><u>SESSION SN1A</u></b><br>Girls Level 4: 10, 13 & 14 Yrs             | 9:00 a.m.                        | 9:20 a.m.       | 11:15 a.m.                         |
| <b><u>SESSION SN1B</u></b><br>Girls Level 3: 6, 7 & 8 Yrs                | 9:00 a.m.                        | 9:20 a.m.       | 11:45 a.m.                         |
| -----  |                                  |                 |                                    |
| <b><u>SESSION SN2A</u></b><br>Girls Level 4: 7, 8 & 9 Yrs                | 12:15 p.m.                       | 12:35 p.m.      | 2:30 p.m.                          |
| <b><u>SESSION SN2B</u></b><br>Girls Level 3: 9, 12 & 13 Yrs              | 12:15 p.m.                       | 12:35 p.m.      | 3:15 p.m.                          |
| -----  |                                  |                 |                                    |
| <b><u>SESSION SN3A</u></b><br>Girls Level 4: 11 & 12 Yrs                 | 3:30 p.m.                        | 3:50 p.m.       | 5:45 p.m.                          |
| <b><u>SESSION SN2B</u></b><br>Girls Level 3: 10 & 11 Yrs                 | 3:30 p.m.                        | 3:50 p.m.       | 5:45 p.m.                          |

The times listed above are the times to report for stretching and/or bar settings. Remind gymnasts they must allow time to check in at the registration area to receive their credentials. The registration area will be just inside the competition area. Also, they may register any day regardless of when they compete. Registration times will be 30 minutes before and after the listed "Gym Open" times. Coaches meetings will be held each session 10 minutes after the listed "Gym Opens/Stretching" times.