

**2010 Florida USAG Level 8, 9, 10  
State Championships**

University of Tampa  
Bob Martinez Sports Center  
400 North Boulevard  
Tampa, FL

**Friday, March 19, 2010**

**Session One**

USAG Level 8 Gymnasts

Group 14 born between 8/9/1994 and 4/9/1995  
Group 15 born between 1/11/1994 and 8/8/1994  
Group 10 born between 7/27/1996 and 10/2/1996  
Group 5 born between 11/6/1997 and 2/6/1998

2:00 - 2:30 General Stretch  
2:30 - 2:45 Timed Warm-up  
2:45 - 5:30 Competition

Individual Awards to follow.

**Session Two**

USAG Level 8 Gymnasts

Group 4 born between 2/7/1998 and 6/10/1998  
Group 7 born between 4/17/1997 and 7/27/1997  
Group 13 born between 4/10/1995 and 9/15/1995  
Group 11 born between 3/29/1996 and 7/26/1996

5:30 - 6:00 General Stretch  
6:00 - 6:15 Timed Warm-up  
6:15 - 9:00 Competition

Individual Awards to follow.

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**Saturday, March 20, 2010**

**Session Three**

USAG Level 8 Gymnasts

Group 3 born between 6/11/1998 and 10/15/1998  
Group 1 born between 4/28/1999 and 6/7/2000  
Group 16 born between 1/6/1992 and 1/10/1994  
Group 2 born between 10/16/1998 and 4/27/1999

8:00 - 8:30 General Stretch

8:30 - 8:45 Timed Warm-up

8:45 - 12:00 Competition

Individual Awards to follow.

**Session Four**

USAG Level 8 Gymnasts

Group 6 born between 7/28/1997 and 11/5/1997  
Group 8 born between 1/19/1997 and 4/16/1997  
Group 9 born between 10/3/1996 and 1/18/1997  
Group 12 born between 9/16/1995 and 3/28/1996

12:00 - 12:30 General Stretch

12:30 - 12:45 Timed Warm-up

12:45 - 4:00 Competition

Individual and Team Awards to follow.

**Session Five**

USAG Level 10 Gymnasts Born Between 9/11/1991 and 10/18/1994

4:00 - 4:30 General Stretch

4:30 - 4:45 Timed Warm-up

4:45 - 8:00 Competition

Individual Awards and Senior Recognition to Follow.

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**Sunday March 21, 2010**

**Session Six**

USAG Level 9 Gymnasts Born Between 1/23/1997 and 4/5/1999  
USAG Level 10 Gymnasts Born Between 10/19/1994 and 12/31/1997  
(Level 9's will be Flight A and Level 10's will be Flight B)

8:00 - 8:30 General Stretch  
8:30 - 8:45 Timed Warm-up  
8:45 - 11:30 Competition

Individual and Level 10 Team Awards to follow.

**Session Seven**

USAG Level 9 Gymnasts Born Between 3/2/1995 and 1/22/1997

11:30 - 12:00 General Stretch  
12:00 - 12:15 Timed Warm-up  
12:15 - 3:00 Competition

Individual Awards to follow.

**Session Eight**

USAG Level 9 Gymnasts Born Between 7/27/1991 and 3/1/1995

3:00 - 3:30 General Stretch  
3:30 - 3:45 Timed Warm-up  
3:45 - 6:30 Competition

Individual and Level 9 Team Awards to follow.