

2019 Region 8 Men's Championships

Legacy Park Multipurpose Center
Alachua, Florida

www.r8champs2019.meetmagic.net



Thursday, April 4, 2019

Spectator Admissions (Cash Only)

ADULTS

\$20.00 per Day, \$30.00 Weekend

CHILDREN (6-11 yrs)

\$10.00 per Day, \$15.00 Weekend
5 yrs and under Free

Open Workout at the Legacy Park Multipurpose Center

PARTICIPATING ATHLETES ONLY

Thursday Evening, 5:00 PM - 8:00 PM

ALL ATHLETES MUST BE ACCOMPANIED BY THEIR PERSONAL COACH.

Friday, April 5, 2019

Session FR1 - Capitol Cup		Session FR2 - Capitol Cup	
JE Athletes - Technical Sequences		Level 9 (15 - 16) & Junior Developmental	
General Stretch	9:00 AM	General Stretch	1:00 PM
Introductions	9:20 AM	Introductions	1:20 PM
Competition	9:30 AM	Competition	1:30 PM
		Individual Awards to follow (Approx 5:00 PM).	

Saturday, April 6, 2019

Session SA1 - Capitol Cup		Session SA2 - Capitol Cup	
Level 9, 13-14 Age Division		Level 10, 17 - 19 Age Division (Senior Awards Ceremony & Presentations) <i>Seniors and Parents please be at the Arena by 12:00 noon.</i>	
General Stretch	8:00 AM	Awards Ceremony Begins	12:30 PM
Introductions	8:20 AM	General Stretch	1:20 PM
Competition	8:30 AM	Introductions	1:30 PM
		Competition	1:40 PM
Individual Awards to follow (Approx 11:30 AM). OPEN WORKOUT FOR LEVEL 8 (11:30 AM TO 12:30 PM).		Individual Awards to follow (Approx 4:00 PM).	

Session SA3 - Capitol Cup	
Level 10, 15 - 16 Age Division	
General Stretch	4:30 PM
Introductions and Awards	4:50 PM
Competition	5:00 PM
Individual Awards to follow (Approx 8:30 PM).	

Sunday, April 7, 2019

The Q & A Meeting for the Regional Apparatus Leaders and Coaches will be held at the Arena between Sessions.

Session SU1 - Capitol Cup		Session SU2 - Capitol Cup	
Level 8, ALL Athletes		Level 7, ALL Athletes	
General Stretch	8:00 AM	General Stretch	12:30 PM
Introductions	8:20 AM	Introductions	12:50 PM
Competition	8:30 AM	Competition	1:00 PM
Individual Awards to follow (Approx 11:30 AM).		Individual Awards to follow (Approx 3:00 PM).	

