



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2024 YMCA Northeast Regional Gymnastics Championships

TENTATIVE SCHEDULE

FRIDAY MAY 17, 2024

GYM A

Session 1A: Level 5
5:00pm check in/stretch/warm up
6:00pm competition begins

GYM B

Session 1B: Levels 7-9
5:30pm check in/stretch/warm up
6:30pm competition begins

SATURDAY MAY 18, 2024

GYM A

Session 2A: Xcel Bronze
8:30am check in/stretch/warm up
9:30am competition begins

Session 3A: Xcel Gold (Ages TBD)
11:30am check in/stretch/warm up
12:30am competition begins

Session 4A: Xcel Gold (Ages TBD)
2:30pm check in/stretch/warm up
3:30pm competition begins

Session 5A: Xcel Platinum & Diamond
5:30 check in/stretch/warm up
6:30 competition begins

GYM B

Session 2B: Level 2
8:00am check in/stretch/warm up
8:45am competition begins

Session 3B: Level 4 (Ages TBD)
10:30am check in/stretch/warm up
11:30am competition begins

Session 4B: Level 4 (Ages TBD)
1:30pm check in/stretch/warm up
2:30pm competition begins

Session 5B: Level 6
4:30pm check in/stretch/warm up
5:30pm competition begins

SUNDAY MAY 19, 2024

GYM A

Session 6A: Level 3 (Ages TBD)
10:00am check in/stretch/warm up
11:00am competition begins

Session 7A: Level 3 (Ages TBD)
1:00pm check in/stretch/warm up
2:00pm competition begins

GYM B

Session 6B: Xcel Silver (Ages TBD)
9:00am check in/stretch/warm up
10:00am competition begins

Session 7B: Xcel Silver (Ages TBD)
12:00pm check in/stretch/warm up
1:00pm competition begins

Times may change. Final schedule will be determined based on final registration numbers