

2024 WOMENS DEVELOPMENT PROGRAM

LEVEL 10 NATIONAL CHAMPIONSHIPS



Presented by **AAI**
May 9-12 • Daytona Beach, FL

[VENUE: Ocean Center - Daytona Beach, FL](#)

HOST: USA Gymnastics

CONTACT: Christy Naik - cnaik@usagym.org

Thursday, May 09, 2024

4:00 PM	7:00 PM	GK Elite Apparel Distribution	Ocean Center
4:00 PM	7:00 PM	Coaches' Sign-In and Meet Info Packet Pick	Ocean Center
6:00 PM	8:00 PM	OPENING CEREMONIES	Daytona Beach Bandshell

Friday, May 10, 2024

7:30 AM	5:00 PM	GK Elite Apparel Distribution	Ocean Center
8:00 AM	10:30 AM	Regional Training: Regions 4 & 6	Ocean Center
10:00 AM	12:30 PM	Regional Training: Regions 3 & 5	Ocean Center
12:00 PM	2:30 PM	Regional Training: Regions 1 & 7	Ocean Center
2:00 PM	4:30 PM	Regional Training: Regions 2 & 8	Ocean Center

SESSION I - ALL-STAR SESSION

5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	Ocean Center
6:05 PM	6:20 PM	March-In	Ocean Center
6:25 PM	6:43 PM	Warm-up First event for Flight I Athletes	Ocean Center
6:45 PM	9:45 PM	Competition	Ocean Center
9:45 PM	10:45 PM	Awards	Ocean Center

Saturday, May 11, 2024

7:30 AM	5:00 PM	GK Elite Apparel Distribution	Ocean Center
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SESSION II - JUNIOR A and SENIOR A

8:00 AM	8:30 AM	Open Stretch and Coaches Meeting	Ocean Center
8:35 AM	8:50 AM	March-In	Ocean Center
8:55 AM	9:13 AM	Warm-up First event for Flight I Athletes	Ocean Center
9:15 AM	12:15 PM	Competition	Ocean Center
12:15 PM	1:15 PM	Awards	Ocean Center

SESSION III - JUNIOR B and SENIOR B

12:45 PM	1:15 PM	Open Stretch and Coaches Meeting	Ocean Center
1:20 PM	1:35 PM	March-In	Ocean Center
1:40 PM	1:58 PM	Warm-up First event for Flight I Athletes	Ocean Center
2:00 PM	5:00 PM	Competition	Ocean Center
5:00 PM	6:00 PM	Awards	Ocean Center

SESSION IV - JUNIOR C and SENIOR C

5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	Ocean Center
6:05 PM	6:20 PM	March-In	Ocean Center
6:25 PM	6:43 PM	Warm-up First event for Flight I Athletes	Ocean Center
6:45 PM	9:45 PM	Competition	Ocean Center
9:45 PM	10:45 PM	Awards	Ocean Center

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Sunday, May 12, 2024

7:30 AM	12:00 PM	GK Elite Apparel Distribution	Ocean Center
SESSION V – JUNIOR D and SENIOR D			
8:00 AM	8:30 AM	Open Stretch and Coaches Meeting	Ocean Center
8:35 AM	8:50 AM	March-In	Ocean Center
8:55 AM	9:13 AM	Warm-up First event for Flight 1 Athletes	Ocean Center
9:15 AM	12:15 PM	Competition	Ocean Center
12:15 PM	1:15 PM	Awards	Ocean Center
SESSION VI – JUNIOR E and SENIOR E			
12:45 PM	1:15 PM	Open Stretch and Coaches Meeting	Ocean Center
1:20 PM	1:35 PM	March-In	Ocean Center
1:40 PM	1:58 PM	Warm-up First event for Flight 1 Athletes	Ocean Center
2:00 PM	5:00 PM	Competition	Ocean Center
5:00 PM	6:00 PM	Awards	Ocean Center
SESSION VII – JUNIOR F and SENIOR F			
5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	Ocean Center
6:05 PM	6:20 PM	March-In	Ocean Center
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	Ocean Center
6:45 PM	9:45 PM	Competition	Ocean Center
9:45 PM	10:45 PM	Awards	Ocean Center