

**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](mailto: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 1 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
---------	---------	-------------------------------	--------------

**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 1 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 1 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 1 Athletes	Ocean Center
6:45 PM	9:45 PM	Competition	Ocean Center
9:45 PM	10:45 PM	Awards	Ocean Center

**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](mailto:cnaik@usagym.org)

**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