

# Championships Schedule-Thursday

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## Thursday March 24, 2011- Practice Day

**COACHES CHECK-IN (Located in the hallway out of the east doors of the competition gym):** The morning practice flight (session1) check-in will begin at 8:30 am. The afternoon practice flight (session 2) check-in will begin at 11:30 am. At the check-in, payments will be collected for entry fees, banquet tickets, the pasta dinner, and apparel orders if payments have not been submitted already. At this time team banners will also be collected.

**\* The assignment of flights (sessions) has been determined by the Chair and the Statistician following Regionals. Flight A, as listed on page 6, will practice in Session 1. Flight B, as listed on page 7 will practice in Session 2.**

	Time	Event
<b>Session 1</b>	8:00 am	Athletic Training room opens
	9:20 - 9:50 am	Open Stretch
	9:50 - 9:54 am	Prepare for first event
	9:54 - 10:24 am	Rotation 1
	10:24 - 10:26 am	Change Events
	10:26 - 10:56 am	Rotation 2
	10:56 - 10:58 am	Change Events
	10:58 - 11:28 am	Rotation 3
	11:28 - 11:30 am	Change Events
	11:30 - 12:00 pm	Rotation 4
	12:00 pm	Session 1 clears the floor
	12:15 - 1:00 pm	Coaches Meeting with referee
	Time	Event
<b>Session 2</b>	11:30 am	Athletic Training room opens
	12:45 - 1:15 pm	Open Stretch
	1:15 - 1:19 pm	Prepare for first event
	1:19 - 1:49 pm	Rotation 1
	1:49 - 1:51 pm	Change events
	1:51 - 2:21 pm	Rotation 2
	2:21 - 2:23 pm	Change events
	2:23 - 2:53 pm	Rotation 3
	2:53 - 2:55 pm	Change events
	2:55 - 3:25 pm	Rotation 4
	3:25 pm	Session 2 clears the floor
	6:00 pm	Banquet
	Following Banquet	Student-Athlete Social

# Championship Schedule-Friday

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## Friday March 25, 2011 - Team Competition

	<b>Time</b>	<b>Event</b>
	8:00 – 9:30 am	NGCA Executive Board Meeting
	9:30 – 11:30 am	Coaches meeting
<b>*Flight A</b>	1:30 - 3:00 pm	Athletic Training room opens
	3:05 - 3:30 pm	Open Stretch
	3:30 - 3:35 pm	Change gyms
	3:35 - 3:50 pm	Lines
	3:50 - 3:55 pm	Change gyms
	3:55 - 4:15 pm	Warm-up for first event
	4:15 - 4:30	Line up for march- in
	4:30 pm	March in
	4:45 - 4:50 pm	Warm up 1 <sup>st</sup> event
	<b>Time</b>	<b>Event</b>
<b>*Flight B</b>	2:00 - 3:30 pm	Athletic Training room opens
	3:30 - 3:55 pm	Open Stretch
	3:55 - 4:00 pm	Change gyms
	4:00 - 4:15 pm	Lines
	4:15 - 4:30 pm	Line up for march- in
	4:30 pm	March in
	4:45 pm	Warm up 1 <sup>st</sup> event
	Conclusion of Competition	Awards Ceremony
	Conclusion of Awards Ceremony	Pasta Dinner (Pre-Registration Required)-Hilltop

# Competition Schedule-Saturday

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## Saturday March 26, 2011 – Individual Competition

<b>Time</b>	<b>Event</b>
8:00 - 9:00 am	NCGA Executive Board meeting
9:00 - 11:30 am	Coaches Meeting
12:30 am	Athletic Training room Opens
1:30 - 2:00 pm	Open Stretch
2:00 - 3:15 pm	Open Warm-up
3:15 - 3:30 pm	Line-up for March-in
3:30 - 3:45 pm	March-in
3:45 pm	3:30 touch warm-up

## Conclusion of Competition Awards Ceremony