

Region 6 Future Stars Regional Championships  
October 12, 2014

The competition will be held in traditional format. There will be a modified open warm up with PB warm up times designated. Strength will be evaluated first for all athletes. Then we will go to groups and do FX, PH, R, and V for all athletes, followed by PB, HB, Flexibility and Trampoline.

9:00-10:45 Modified Open Warm Up (See Below for PB times)

Group 1 PB Warm up:10:05-10:15

Group 2 PB Warm up:10:15-10:25

Group 3 PB Warm up: 10:25-10:35

Group 4 PB Warm up: 10:35-10:45

10:45-11:00 Clear Floor, Line up at PB Strength and National Anthem

11:00 Competition starts – All Athletes to PB Strength

Starting Events

Group 1: FX, PB

Group 2: PH, HB

Group 3: R, Tramp

Group 4: V, Flexibility

Group 1: Brestyans, American, NESAs

Group 2: Giguere, Daggetts, NEAG, Somersault, GLC

Group 3: Granite State, Interstate NHAAGS

Group 4: Yellow Jackets, Vasi's, Exxcel

PB Strength Group 1: 8-9 year olds

PB Strength Group 2: 10 year olds

PB Strength Group 3: 11+

Note: Rotations, groups and order subject to change up to the start of the warm up