

2025 WOMENS DEVELOPMENT PROGRAM

LEVEL 10 NATIONAL CHAMPIONSHIPS



Presented by **A&A**
May 8-11 • Salt Lake City, UT

VENUE: Mountain America Exposition Center – Sandy, UT

HOST: USA Gymnastics

CONTACT: Christy Naik – cnaik@usagym.org

Thursday, May 08, 2025

4:00 PM	7:00 PM	GK Elite Apparel Distribution	Mountain America Expo Center (MAEC)
4:00 PM	7:00 PM	Coaches' Sign-In and Meet Info Packet Pick	MAEC
6:00 PM	8:00 PM	OPENING CEREMONIES	

Friday, May 09, 2025

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

SESSION I – ALL-STAR SESSION

5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	MAEC
6:05 PM	6:20 PM	March-In	MAEC
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	MAEC
6:45 PM	9:45 PM	Competition	MAEC
9:45 PM	10:45 PM	Awards	MAEC

Saturday, May 10, 2025

7:30 AM	5:00 PM	GK Elite Apparel Distribution	MAEC
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SESSION II – JUNIOR A and SENIOR A

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

SESSION III – JUNIOR B and SENIOR B

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

SESSION IV – JUNIOR C and SENIOR C

5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	MAEC
6:05 PM	6:20 PM	March-In	MAEC
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	MAEC
6:45 PM	9:45 PM	Competition	MAEC
9:45 PM	10:45 PM	Awards	MAEC

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Sunday, May 11, 2025

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