

2022 NGA National Championships

Wednesday, June 8th				
Gym A - Women				
Session 01A Level 1N	Session 02A Level 2N	Session 03A Level 2N	Session 04A Silver	Session 05A Silver
Open Stretch: 9:00 AM Awards: 11:10 AM	Open Stretch: 11:20 AM Awards: 1:45 PM	Open Stretch: 1:55 PM Awards: 4:25 PM	Open Stretch: 4:35 PM Awards: 6:50 PM	Open Stretch: 7:00 PM Awards: 9:20 PM
Age Groups All	Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D	Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D
All	5yrs-younger 8	older 8+	6yrs-younger 9	older 9+
Birthdate Range: All	Birthdate Range: 7/24/2013 & younger	Birthdate Range: 7/23/2013 & older	Birthdate Range: 7/3/2012 & younger	Birthdate Range: 7/2/2012 & older

Gym C - Women				
Session 01C Level 3N	Session 02C Level 3N	Session 03C Level 3N	Session 04C Level 3N	
Open Stretch: 9:00 AM Awards: 11:30 AM	Open Stretch: 11:40 AM Awards: 2:20 PM	Open Stretch: 2:30 PM Awards: 5:00 PM	Open Stretch: 5:15 PM Awards: 7:45 PM	
Age Groups Child A,B,C,D	Age Groups Child E,F,G,H	Age Groups Junior A,B,C,D	Age Groups Junior E,F,G,H	
6yrs-younger 8	older 8-younger 9	older 9-all 10yr	11+	
Birthdate Range: 7/31/2013 & younger	Birthdate Range: 7/30/2013-8/24/2012	Birthdate Range: 8/23/2012-5/27/2011	Birthdate Range: 5/26/2011 & older	

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Thursday, June 9th

Gym A - Women

Session 06A Level 4N	Session 07A Level 4N	Session 08A Level 4N	Session 09A Gold
Open Stretch: 11:30 AM Awards: 1:50 PM	Open Stretch: 2:00 PM Awards: 4:20 PM	Open Stretch: 4:30 PM Awards: 6:45 PM	Open Stretch: 6:55 PM Awards: 9:45 PM
Age Groups Child A,B,C	Age Groups Child D,E,F	Age Groups Junior A,B,C	Age Groups Senior A,B,C,D
7yrs-younger 10	older 10-younger 11	older 11+	older 13+
Birthdate Range: 4/4/2012 & younger	Birthdate Range: 4/3/2012 - 10/15/2010	Birthdate Range: 10/14/2010 & older	Birthdate Range: 3/17/2009 & older

Gym C - Women

Session 06C Gold	Session 07C Gold	Session 08C Level 5N	Session 09C Level 5N
Open Stretch: 11:30 AM Awards: 2:10 PM	Open Stretch: 2:20 PM Awards: 5:00 PM	Open Stretch: 5:10 PM Awards: 7:25 PM	Open Stretch: 7:35 PM Awards: 9:50 PM
Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D	Age Groups Child A,B,C	Age Groups Junior A,B,C
8yrs-younger 11	older 11-younger 13	6yrs-younger 11	older 11+
Birthdate Range: 12/1/2010 & younger	Birthdate Range: 11/30/2010 -3/18/2009	Birthdate Range: 7/13/2010 & younger	Birthdate Range: 7/12/2010 & older

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Friday, June 10th

Gym A - Women

Session 10A Level 7N	Session 11A Level 7N	Session 12A Platinum
Open Stretch: 12:00 PM Awards: 2:40 PM	Open Stretch: 2:50 PM Awards: 5:25 PM	Open Stretch: 5:35 PM Awards: 8:30 PM
Age Groups Junior A,B,C	Age Groups Senior A,B,C	Age Groups Senior A,B,C
9yrs-younger 13	older 13+	older 14+
Birthdate Range: 10/12/2008 & younger	Birthdate Range: 10/11/2008 & older	Birthdate Range: 2/27/2008 & older

Gym B - Men

	Session 12B Levels 1N - 4N
	Open Stretch: 5:30 PM Awards: 8:30 PM
	Age Groups All

Gym C - Women

Session 10C Platinum	Session 11C Level 6N	Session 12C Level 6N
Open Stretch: 12:00 PM Awards: 2:55 PM	Open Stretch: 3:05 PM Awards: 6:00 PM	Open Stretch: 6:10 PM Awards: 9:10 PM
Age Groups Junior A,B,C	Age Groups Junior A,B,C,D	Age Groups Senior A,B,C,D
10yrs-younger 14	9yrs-younger 12	older 12+
Birthdate Range: 2/28/2008 & younger	Birthdate Range: 7/16/2009 & younger	Birthdate Range: 7/15/2009 & older

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Saturday, June 11th

Gym A - Women

Session 13A Level 8N	Session 14A Level 8N	Session 15A Level 9N	Session 16A Level 10N(XN)
Open Stretch: 12:00 PM Awards: 2:15 PM	Open Stretch: 2:25 PM Awards: 4:40 PM	Open Stretch: 4:50 PM Awards: 7:10 PM	Open Stretch: 7:20 PM Awards: 9:45 PM
Age Groups Junior A,B	Age Groups Senior A,B	Age Groups All	Age Groups All
9yrs-younger 15	older 15+		
Birthdate Range: 3/16/2007 & younger	Birthdate Range: 3/15/2007 & older		

Gym B - Men

Session 13B Levels 5N - 10N(XN)	
Open Stretch: 12:00 PM Awards: 3:00 PM	
Age Groups All	

Gym C - Women

	Session 14C Diamond	
	Open Stretch: 2:00 PM Awards: 4:20 PM	
	Age Groups All	