



2009 NCGA Championships Hosted by Hamline University



Competition Day Schedule of Events

Friday, March 20

Flight A

2:50 – 3:50 p.m.	Training Room Opens
3:50 – 4:15 p.m.	Open Stretch (Practice Gym)
4:15 – 4:20 p.m.	Walk to Competition Gym
4:20 – 4:40 p.m.	Lines (Competition Gym)
4:40 – 4:45 p.m.	Walk to Practice Gym
4:45 – 5:05 p.m.	First Event Warm-Up (Practice Gym)
5:05 – 5:20 p.m.	Prepare for March In
5:20 – 5:30 p.m.	Lineup for March In
5:30 – 5:40 p.m.	March In
5:40 – 5:45 p.m.	Proceed to First Event
5:45 p.m.	First Event 4-minute One Touch

Flight B

3:15 – 4:15 p.m.	Training Room Opens
4:15 – 4:40 p.m.	Open Stretch (Practice Gym)
4:40 – 4:45 p.m.	Walk to Competition Gym
4:45 – 5:05 p.m.	Lines (Competition Gym)
5:05 – 5:20 p.m.	Prepare for March In
5:20 – 5:30 p.m.	Lineup for March In
5:30 – 5:40 p.m.	March In
5:40 – 5:45 p.m.	Walk to Practice Gym
5:45 – 6:05 p.m.	First Event 20-minute Warm-up

Saturday, March 21

1:00 a.m.	Training Room Opens
12:15 – 1:00 p.m.	Open Stretch (Competition Gym)
1:00 – 2:15 p.m.	Open Warm-up (Competition Gym)
2:15 – 2:25 p.m.	Prepare for March In
2:30 – 2:45 p.m.	March In
2:45 – 2:50 p.m.	Three and Half Minute Touch
2:50 p.m.	Competition begins, awards follow immediately after competition