



**2022 WOMENS DEVELOPMENT PROGRAM  
NATIONAL CHAMPIONSHIPS**

SITE: BELL BANK PARK

1 Legacy Drive  
Mesa, AZ 85212

CONTACT: Christy Naik  
[cnaik@usagym.org](mailto:cnaik@usagym.org)



**USA GYMNASTICS.**

<b>Thursday, May 12, 2022</b>			
4:00 PM	7:00 PM	GK Elite Apparel Distribution	
4:00 PM	7:00 PM	Coaches' Sign-In and Meet Info Packet Pick Up	
6:00 PM	8:00 PM	Athlete Opening Ceremonies	
<b>Friday, May 13, 2022</b>			
8:00 AM	5:00 PM	GK Elite Apparel Distribution All Day	
8:00 AM	10:30 AM	Region 1 and 5 Training	
10:00 AM	12:30 PM	Region 3 and 7 Training	
12:00 PM	2:30 PM	Region 2 and 6 Training	
2:00 PM	4:30 PM	Region 4 and 8 Training	
<b>SESSION I - INDIVIDUAL EVENT SPECIALIST (IES) WILDCARD</b>			
5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	
6:05 PM	6:20 PM	March-In	
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	
6:45 PM	9:45 PM	Competition	
9:45 PM	10:45 PM	Awards	
<b>Saturday, May 14, 2022</b>			
<b>SESSION II - JUNIOR A and SENIOR A</b>			
8:00 AM	8:30 AM	Open Stretch and Coaches Meeting	
8:35 AM	8:50 AM	March-In	
8:55 AM	9:13 AM	Warm-up First event for Flight 1 Athletes	
9:15 AM	12:15 PM	Competition	
12:15 PM	1:15 PM	Awards	
<b>SESSION III - JUNIOR B and SENIOR B</b>			
12:45 PM	1:15 PM	Open Stretch and Coaches Meeting	
1:20 PM	1:35 PM	March-In	
1:40 PM	1:58 PM	Warm-up First event for Flight 1 Athletes	
2:00 PM	5:00 PM	Competition	
5:00 PM	6:00 PM	Awards	
<b>SESSION IV - JUNIOR C and SENIOR C</b>			
5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	
6:05 PM	6:20 PM	March-In	
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	
6:45 PM	9:45 PM	Competition	
9:45 PM	10:45 PM	Awards	
<b>Sunday, May 15, 2022</b>			
<b>SESSION V - JUNIOR D and SENIOR D</b>			
8:00 AM	8:30 AM	Open Stretch and Coaches Meeting	
8:35 AM	8:50 AM	March-In	
8:55 AM	9:13 AM	Warm-up First event for Flight 1 Athletes	
9:15 AM	12:15 PM	Competition	
12:15 PM	1:15 PM	Awards	
<b>SESSION VI - JUNIOR E and SENIOR E</b>			
12:45 PM	1:15 PM	Open Stretch and Coaches Meeting	
1:20 PM	1:35 PM	March-In	
1:40 PM	1:58 PM	Warm-up First event for Flight 1 Athletes	
2:00 PM	5:00 PM	Competition	
5:00 PM	6:00 PM	Awards	
<b>SESSION VII - JUNIOR F and SENIOR F</b>			
5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	
6:05 PM	6:20 PM	March-In	
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	
6:45 PM	9:45 PM	Competition	
9:45 PM	10:45 PM	Awards	