

# Sessions - Level 7/8 PA States

## Saturday, March 21, 2026

### Session 1: Level 7 (Junior A, Junior B)

Open Warm Up - 8:00 AM, March In - 8:20 AM, Compete - 8:25 AM, Awards - 11:15 AM

### Session 2: Level 7 (Junior C, Junior D)

Open Warm Up - 11:30 AM, March In - 11:50 AM, Compete - 11:55 AM, Awards - 2:45 PM

### Session 3: Level 7 (Senior A, Senior B)

Open Warm Up - 3:00 PM, March In - 3:20 PM, Compete - 3:25 PM, Awards - 6:15 PM

### Session 4: Level 7 (Senior C, Senior D)

Open Warm Up - 6:30 PM, March In - 6:50 PM, Compete - 6:55 PM, Awards - 9:45 PM

## Sunday, March 22, 2026

### Session 5: Level 8 (Junior A, Junior B)

Open Warm Up - 8:00 AM, March In - 8:20 AM, Compete - 8:25 AM, Awards - 11:00 AM

### Session 6: Level 8 (Junior C, Junior D)

Open Warm Up - 11:15 AM, March In - 11:35 AM, Compete - 11:40 AM, Awards - 2:15 PM

### Session 7: Level 8 (Senior A, Senior B)

Open Warm Up - 2:30 PM, March In - 2:50 PM, Compete - 2:55 PM, Awards - 5:30 PM

### Session 8: Level 8 (Senior C, Senior D)

Open Warm Up - 5:45 PM, March In - 6:05 PM, Compete - 6:10 PM, Awards - 8:45 PM

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## Age Group Assignments

Level 7:	Level 8:
<b>Junior A:</b> 3/30/15 and younger (29 gymnasts)	<b>Junior A:</b> 10/12/13 and younger (28 gymnasts)
<b>Junior B:</b> 3/29/15 - 8/5/14 (30 gymnasts)	<b>Junior B:</b> 10/11/13 - 3/10/13 (26 gymnasts)
<b>Junior C:</b> 8/4/14 - 1/29/14 (30 gymnasts)	<b>Junior C:</b> 3/9/13 - 10/27/12 (27 gymnasts)
<b>Junior D:</b> 1/28/14 - 7/11/13 (30 gymnasts)	<b>Junior D:</b> 10/26/12 - 6/10/12 (28 gymnasts)
<b>Senior A:</b> 7/10/13 - 2/28/13 (29 gymnasts)	<b>Senior A:</b> 6/9/12 - 12/21/11 (25 gymnasts)
<b>Senior B:</b> 2/27/13 - 7/12/12 (30 gymnasts)	<b>Senior B:</b> 12/20/11 - 6/13/11 (26 gymnasts)
<b>Senior C:</b> 7/11/12 - 8/3/11 (29 gymnasts)	<b>Senior C:</b> 6/12/11 - 9/11/10 (26 gymnasts)
<b>Senior D:</b> 8/2/11 and older (29 gymnasts)	<b>Senior D:</b> 9/10/10 and older (26 gymnasts)