2010 NCGA CHAMPIONSHIPS
hosted by SPRINGFIELD COLLEGE

# Championships Schedule - Thursday

## Thursday, March 25, 2010 - Practice Day

**COACHES CHECK-IN (Located in the Pride's Den):** The morning practice flight (session 1) check-in will begin at 8:30 am. The afternoon practice flight (session 2) check-in will begin at 11:30 am. At the check-in, payments will be collected for entry fees, banquet tickets, the pasta dinner, and apparel orders if payments have not been submitted already.
*** The assignment of flights (sessions) has been determined by the Chair and the Statistician following Regionals. Flight A, as listed below, will practice in Session 1. Flight B, as listed below, will practice in Session 2.**

| | Time | Event |
|---|---|---|
| **Session 1** | 8:00 am | Athletic Training Room opens |
| | 9:20 - 9:50 am | Open Stretch |
| | 9:50 - 9:54 am | Prepare for 1st event |
| | 9:54 - 10:24 am | Rotation 1 |
| | 10:24 - 10:26 am | Change events |
| | 10:26 - 10:56 am | Rotation 2 |
| | 10:56 - 10:58 am | Change events |
| | 10:58 - 11:28 am | Rotation 3 |
| | 11:28 - 11:30 am | Change events |
| | 11:30 - 12:00 pm | Rotation 4 |
| | 12:00 pm | Session 1 clears the floor |
| | 12:15 - 1:00 pm | Coaches meeting with meet referee - PE Classroom |
| **Session 2** | 11:30 am | Athletic Training Room opens |
| | 12:45 - 1:15 pm | Open Stretch |
| | 1:15 - 1:19 pm | Prepare for 1st event |
| | 1:19 - 1:49 pm | Rotation 1 |
| | 1:49 - 1:51 pm | Change events |
| | 1:51 - 2:21 pm | Rotation 2 |
| | 2:21 - 2:23 pm | Change events |
| | 2:23 - 2:53 pm | Rotation 3 |
| | 2:53 - 2:55 pm | Change events |
| | 2:55 - 3:25 pm | Rotation 4 |
| | 3:25 pm | Session 2 clears the floor |
| | 6:30 pm | Banquet - Richard B. Flynn Campus Union (pre-registration required) - Dodge Room |
| | Following Banquet | Student-Athlete Social - Richard B. Flynn Campus Union - Dodge Room |

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## Flight A

**Team 1:** Brockport Molly Weber - Hamline

**Team 3:** West Specialists Melissa Thomas - Hamline

**Vault**
1. Naomi Delara, Stout
2. Lynn Robohn, Hamline
3. Sarah Hulbert, Eau Claire
4. Molly Senske, Eau Claire
5. Cece Solem, Eau Claire
6. Danielle Thibodeau, Gustavus

**Bars**
1. Darlene Hermann, Oshkosh
2. Samantha Howard, Eau Claire
3. Mary Ann Oehlerking, Oshkosh
4. Karina Schaub, Stout
5. Rachel Behmer, Eau Claire
6. Kelly Matthewson, Gustavus

**Beam**
1. Naomi Delara, Stout
2. Molly Senske, Eau Claire
3. Jill Lindberg, Oshkosh
4. Rachelann Anderson, Eau Claire
5. Paula Delsart, Oshkosh
6. Gretchen Fackelman, Oshkosh

**Floor**
1. Naomi Delara, Stout
2. Jill Lindberg, Oshkosh
3. Stacie Jenkins, Oshkosh
4. Cece Solem, Eau Claire
5. Danielle Thibodeau, Gustavus
6. Rachelann Anderson, Eau Claire

**Team 5:** Whitewater Danielle Schultzenberg, Eau Claire

**Team 7:** La Crosse Meghan Hargens, Stout

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## Flight B

**Team 2:** Cortland Samantha Vance, Wilson

**Team 4:** Springfield Jessica Bolduc, Ithaca

**Team 6:** East Specialists Kira Oldham Curtis, Ursinus

**Vault**
1. Samantha Whiffen, Ithaca
2. Tiffany Grube, Ithaca
3. Stephanie Schmidt, Ursinus
4. Veronica Perry, Ursinus
5. Elle Kurz, Ursinus
6. Johanna Warren, Ursinus

**Bars**
1. Danielle Chmelewski, Ursinus
2. Rebekka Williams, Wilson
3. Chelsea Robie, Ithaca
4. Emily Graber, Ithaca
5. Jackie Clymer, Ursinus
6. Johanna Warren, Ursinus

**Beam**
1. Brianne Sullivan, Ithaca
2. Kim Callahan, Ithaca
3. Lauren Moroch, Ithaca
4. Katherine Gelinne, Ursinus
5. Danielle Chmelewski, Ursinus
6. Lauren Ferrone, Ithaca

**Floor**
1. Stephanie Schmidt, Ursinus
2. Rebekkah Williams, Wilson
3. Veronica Perry, Ursinus
4. Kaliee Spusta, Ithaca
5. Brianne Sullivan, Ithaca
6. Andrea Detoro, Ursinus

**Team 8:** Winona Kay Gordon, Ithaca