

The following schedule changes for the GRYM session of 2019 Regional Championships have been approved by Program Operations:

- Friday 4:00 pm Warm up, 5:00 pm Start
- Saturday and Sunday am, 7:15 am Warm up, 9:00 am Start
- Saturday pm, 12:30pm Warm up, 2:00 pm Start
- Sunday pm, 1:00 pm Warm up, 2:30 pm Start