

Schedule (subject to change)

Athlete Credentials are available from Thursday afternoon around 2 PM, and throughout the weekend at the DeVos Place Convention Center. You will need to pick up your credential and have a ticket before the opening ceremony if you plan to participate in it.

Friday Registration and Opening Ceremony

4:00 – 6:00 PM Athlete Registration & Orientation (All Divisions)

7:30 – 9:00 PM Opening Ceremony for State Games (optional)

Saturday Semi-Finals

6:30 – 8:00 AM Competitor Class (Senior & Adult Men)

8:00 – 9:00 AM Late Athlete Registration & Orientation (All Divisions)

9:00 - 9:15 AM Saturday opening: (15 min.)

ALL COMPETITORS ON STAGE IN YOGA OUTFIT

9:15 – 10:15 AM Senior Men 14 (60 min.) **7 Advance**

1	Michael	Peck	AZ
2	Marco	Chalaby	TX
3	Louis	Sears	OR
4	Mike	O'Connor	CA
5	Michael	Ladroga	NH
6	Leo	Szymanski	MD
7	Mitch	Watkins	FL
8	Albert	Knotts	VA
9	Paul	Moore	CA
10	Wayne	Campbell	TX
11	Thomas	Forbang	VA
12	Peter	Kline	MA
13	Scott	Marin	TX
14	Craig	Friedman	NY

10:15 – 10:30 Break

10:30 – 11:30 PM Senior Women 15 (60 min.) **7 Advance**

1	Jane	Collaso	NJ
2	Lisa	Pafe	VA
3	Amanda	Thom Woodson	MD
4	Lisa	Foerster	TX
5	Mara	Scaramella	AZ
6	Leslie	Heywood	NY
7	Nahoko	Nakayama	VA
8	Terri	Fry	MA
9	Valerie	Hunt	WA
10	Donna	Stallard	IN
11	Connie	Spagnola	TX
12	Sarah	Gnerre	NH
13	Catherine	McCauley	TX
14	Michele	Vennard	CA
15	Roxanne	Armstrong	CA

11:30 – 12:30 PM LUNCH (60 min.)

11:30 – 1:00 PM Competitor Class (Adult Women)

12:30 – 1:30 PM US Men 15 (60 min.)

1	David	Wilder	NY
2	Peter (Pete)	Milner	AZ
3	Steven	Guthrie	PA
4	Michael	Gruetzmacher	IL
5	Shreyansh	Saroha	TX
6	Timothy	Lyons	NC
7	Abhay	Bhosale	TX
8	Ian	Johnson	NJ
9	Angel	Rodriguez	VA
10	Joseph	Collins	MA
11	Srini	Gurrapu	CA
12	Russell	Carr	IL
13	Ari	Eisenberg	NC
14	Scott	Mullen	AZ
15	Selden	Dickinson	CA

1:30 – 1:45 PM Break (15 min.)

1:45 – 2:45 PM US Men 14 (60 min.) **10 Advance**

16	Jered	Seibert	OH
17	Peter	Doheny	CT
18	Jaylon	Curry	ME
19	Ryan	Alan Jones	IL
20	Ryan	Jacobsen	TX
21	Jeffrey	Chen	TX
22	David	Jennings	NC
23	Michael	Lubbert	PA
24	Chandler	Christensen	UT
25	Bruce	Merkle	CA
26	Julian	Garcia	CO
27	Spencer	Larson	HI
28	Eddie	Hall	MD
29	Glenn	Brown	IN

2:45 – 3:00 PM Break (15 min.)

3:00 – 4:40 US Women 25 (100 min.)

1	Allie	Moscarelli	OR
2	Elise	Petroff	UT
3	Christi	Hooten	NC
4	Patricia	Rogers	OH
5	Amy	Dickerson	CO
6	Giselle	Meagher	PA
7	Sara	Bradna	MD
8	Antonella	Lemos	NY
9	Rola	Khwais	VA
10	Tasha	Pasternack	CA
11	Holly	Battaglia	VT
12	Jamie	Rissman	IL
13	Connie	Sundjojo	IL
14	Lindsey	Stanley	TX

15	Tiffany	Girgis	CA
16	Zoha	Vaezi	VA
17	Kelly	Weckesser Hall	MD
18	Ann	Chrapkiewicz	MI
19	Catherine	Mondloch-Seavey	NM
20	Victoria	Gibbs	NY
21	Veronica	Bacica	TX
22	Elizabeth	Spears	KY
23	Alexandra	Sturges	VT
24	Kathleen	Doyle	VA
25	Breanne	Tran	AZ

4:40 – 4:55 PM Break (15 min.)

4:55 – 6:35 PM US Women 25 (100 min.) **10 Advance**

26	Robin	Fox	CA
27	Anne	Johnson	MD
28	Michelle	Park	MA
29	Lisa	Fisher	TX
30	McKenzie	Dreher	MD
31	Jordan Lydia	Grimmer	WA
32	Clara	McGrail	VA
33	Lauren	Kaye	MD
34	Nicole	Collias	IL
35	Cat	Levine	IL
36	Mardy	Chen	TX
37	Garland	Hume	VA
38	Ellie	Bostwick	TX
39	Stephanie	Chen	CA
40	Ainsley	Ayres	TX
41	Paloma	Thacker	KY
42	Jenn	Myles	NH
43	April	Penland	VA
44	Lisa	Greenacre	HI
45	Roxanne	Janecki	NY
46	Lucy	Homiller	VA
47	Gina	Middleton	CA
48	Jennifer	Vanderhart	VA
49	Emily	Sabo	FL
50	Emily	Avery	NH

7:00 PM Finalists announced

Sunday Finals

7:30 – 9:00 AM Competitor Class (Youth & Seniors)

10:00 – 10:15 AM Opening: (15 min.)

ALL COMPETITORS ON STAGE IN YOGA OUTFIT

10:15 – 10:30 Youth Demo

10:30 – 11:15 AM Youth 9 (45 min.)

1	Preethi	Ramesh	TX
2	Tatum	Harrison	FL

3	Katie	Wyckoff	WY
4	Sophia	Fugate	VA
5	Allie	Johnson	TX
6	Jamie	Greene	AZ
7	Avalon Jade	Theisen	FL
8	Faith	Adams	UT
9	Charlie	Houck	FL

11:15 – 11:30 Break (15 min.)

11:30 – 11:45 PM Senior Demo (15 min.)

11:45 – 12:15 PM Senior men 7 (30 min.)

12:15 – 12:45 PM Senior Women 7 (30 min.)

11:30 – 1:00 PM Competitor Class (Adult Men & Women)

12:45 – 2:00 PM LUNCH (75 min.)

2:00 – 2:45 PM Male Finalists 10 (45 min.)

2:45 – 3:00 PM Demo (15 min.)

3:00 – 3:45 PM Female Finalists 10 (45 min.)

3:45 – 4:00 Demo

4:00 PM Closing Ceremony and Awards

***All Competitors classes are at:**

Bikram Yoga Grand Rapids

4547 28th Street SE

Grand Rapids, Mi 49512

(231) 392-4798

<http://bikramyogatc.com/>