



SATURDAY- APRIL 13, 2024

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B	
8:00 - 10:00 AM	LEVEL 8 THRU ELITE TRAINING												
10:15 - 10:45 AM	GRAND MARCH IN												
SESSION 1													
A	11:00 - 11:30 AM	IE	17-21 M			LVL 8	15+ F			LVL 9	15+ M		
		JR	15-16 F							LVL 9	13-14 M		
		LVL 10	15-16 F							LVL 9	11-12 F		
B	11:30 - 12:00 PM	LVL 10	13-14 M			LVL 8	15+ F			LVL 9	13-14 F		
		LVL 10	13-14 F										
		LVL 9	15+ M										
C	12:00 - 12:30 PM	LVL 9	11-12 F			SR	17+ M			LVL 9	13-14 F		
		LVL 9	13-14 M			OP	17-21 M			LVL 9	15+ F		
						LVL 10	15-16 M						
						LVL 9	15+ M						
D	12:30 - 1:00 PM	LVL 9	15+ F			LVL 9	13-14 F			JR	15-16 F		
		LVL 9	9-10 F							OP	17-21 M		
										LVL 10	15-16 M		
										LVL 10	13-14 M		
										LVL 10	15-16 F		
E	1:00 - 1:30 PM	LVL 9	13-14 F			LVL 9	15+ F					LVL 8	9-10 F
						LVL 9	13-14 M						
F	1:30 - 2:00 PM			LVL 8	11-12 F			LVL 8	13-14 F			LVL 8	15+ F
				LVL 8	15+ M								
				LVL 8	13-14 M								
G	2:00 - 2:30 PM			LVL 8	8U F			LVL 8	9-10 M			LVL 8	11-12 F
				LVL 8	11-12 F			LVL 8	13-14 M				
								LVL 8	9-10 F				
H	2:30 - 3:00 PM			LVL 8	15+ F			LVL 8	11-12 F			LVL 8	11-12 F
				LVL 8	8U M								
				LVL 8	9-10 M								
I	3:00 - 3:30 PM			LVL 8	13-14 F			LVL 8	11-12 F			LVL 8	8U F
												LVL 8	8U M
												LVL 8	9-10 M
												LVL 8	15+ M
J	3:30 - 4:00 PM	SYNC		LVL 8	9-10 F							LVL 8	13-14 F
		LVL 9	13+ F										
		LVL 9	13+ M										
		LVL 10	14U F										
	LVL 10	15-16 F											
4:00 - 5:00 PM	DINNER												

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Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 2												
A 5:00 - 5:20 PM	LVL 7	15+ F	LVL 7	11-12 F	LVL 7	15+ M	LVL 5	11-12 F	LVL 5	13-14 F	LVL 4	11-12 F
					LVL 7	13-14 M						
					LVL 6	15+ M						
					LVL 5	15+ M						
B 5:20 - 5:40 PM	LVL 7	15+ F	LVL 6	11-12 F	LVL 7	13-14 F	LVL 5	11-12 F	LVL 5	13-14 F	LVL 4	11-12 F
									LVL 5	15+ F		
C 5:40 - 6:00 PM	LVL 7	13-14 F	LVL 6	11-12 F	LVL 7	15+ F	LVL 5	11-12 F	LVL 7	15+ M	LVL 4	11-12 F
									LVL 7	13-14 M		
									LVL 6	13-14 M		
									LVL 5	13-14 M		
D 6:00 - 6:20 PM	LVL 7	13-14 F	LVL 6	11-12 F	LVL 6	13-14 F	LVL 5	11-12 F	LVL 6	15+ F	LVL 5	11-12 F
E 6:20 - 6:40 PM	LVL 7	15+ M	LVL 3	11-12 F	LVL 6	13-14 F	LVL 5	11-12 F	LVL 7	13-14 F	LVL 5	11-12 F
	LVL 7	13-14 M	LVL 1	11-12 M								
	LVL 6	13-14 M										
	LVL 5	13-14 M										
F 6:40 - 7:00 PM	LVL 6	15+ F	LVL 5	11-12 F	LVL 5	13-14 F	LVL 5	11-12 F	LVL 7	13-14 F	LVL 5	11-12 F
	LVL 5	15+ F										
	LVL 4	13-14 F										
	LVL 3	13-14 F										
G 7:00 - 7:20 PM	LVL 6	13-14 F	LVL 5	11-12 F	LVL 5	13-14 F	LVL 2	13-14 F	LVL 7	15+ F	LVL 5	11-12 F
							LVL 2	11-12 F				
							LVL 1	11-12 M				
H 7:20 - 7:40 PM	LVL 6	13-14 F	LVL 5	11-12 F	LVL 6	15+ F	LVL 7	11-12 M	LVL 7	11-12 F	LVL 5	11-12 F
							LVL 6	11-12 M				
							LVL 5	11-12 M				
I 7:40 - 8:00 PM	LVL 5	13-14 F	LVL 5	11-12 F	LVL 5	15+ F	LVL 7	11-12 F	LVL 7	11-12 M	LVL 5	11-12 F
					LVL 4	15+ F			LVL 6	11-12 M		
					LVL 3	15+ F			LVL 5	11-12 M		
									LVL 1	11-12 M		
J 8:00 - 8:20 PM	LVL 5	13-14 F	LVL 5	11-12 F	LVL 3	11-12 M	LVL 6	11-12 F	LVL 6	13-14 F	LVL 5	11-12 F
					LVL 3	13-14 M						
K 8:20 - 8:40 PM	LVL 7	11-12 M	LVL 5	11-12 F	LVL 3	13-14 F	LVL 6	11-12 F	LVL 6	13-14 F	LVL 5	11-12 F
	LVL 6	11-12 M										
	LVL 5	11-12 M										

SUNDAY- APRIL 14, 2024

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 3												
A 8:00 - 8:30 AM	LVL 5	9-10 F	LVL 5	8U F	LVL 4	9-10 F	LVL 4	13-14 F	LVL 7	8U M	LVL 6	11-12 F
									LVL 5	9-10 M		
									LVL 4	9-10 M		
B 8:30 - 9:00 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 3	11-12 F	LVL 3	11-12 F	LVL 6	11-12 F
C 9:00 - 9:20 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 3	11-12 F	LVL 4	13-14 F	LVL 7	9-10 F
											LVL 6	9-10 F
D 9:20 - 9:40 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 3	11-12 F	LVL 4	7-8 F	LVL 5	8U F
E 9:40 - 10:00 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 3	11-12 F	LVL 4	7-8 F	LVL 4	9-10 F

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Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
F 10:00 - 10:20 AM	LVL 4	7-8 F	LVL 7	9-10 F	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	7-8 F	LVL 4	9-10 F
G 10:20 - 10:40 AM	LVL 4	7-8 F	LVL 7	8U M	LVL 5	9-10 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
			LVL 5	9-10 M								
			LVL 4	9-10 M								
			LVL 2	7-8 M								
			LVL 1	7-8 M								
H 10:40 - 11:00 AM	LVL 4	9-10 F	LVL 6	9-10 F	LVL 5	9-10 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
I 11:00 - 11:20 AM	LVL 4	9-10 F	LVL 3	9-10 F	LVL 5	8U M	LVL 6	9-10 F	LVL 5	9-10 F	LVL 4	9-10 F
					LVL 5	8U F						
J 11:20 - 11:40 AM	LVL 4	9-10 F	LVL 3	9-10 F	LVL 4	7-8 F	LVL 6	9-10 F	LVL 5	9-10 F	LVL 3	7-8 F
			LVL 3	6U F			LVL 6	8U F				
K 11:40 - 12:00 PM	LVL 4	9-10 F	LVL 1	7-8 F	LVL 4	7-8 F	LVL 7	9-10 F	LVL 5	9-10 F	LVL 3	7-8 F
			LVL 1	9-10 F			LVL 7	8U M				
							LVL 6	9-10 M				
							LVL 5	9-10 M				
12:00 - 1:00 PM	LUNCH											
SESSION 4												
A 1:00-1:20 PM	LVL 3	7-8 F			LVL 3	9-10 F	LVL 2	9-10 F	LVL 2	6U F		
B 1:20-1:40 PM	LVL 3	7-8 F			LVL 3	9-10 F	LVL 2	6U F	LVL 2	9-10 F		
C 1:40-2:00 PM	LVL 2	7-8 F			LVL 3	9-10 F	LVL 3	6U F	LVL 1	6U F		
							LVL 3	7-8 M				
							LVL 3	9-10 M				
D 2:00-2:20 PM	LVL 2	7-8 F			LVL 3	7-8 F	LVL 1	6U F	LVL 3	6U F		
							LVL 1	9-10 F	LVL 2	7-8 M		
E 2:20-2:40 PM	LVL 2	6U F			LVL 3	7-8 F	LVL 1	7-8 F	LVL 2	7-8 F		
							LVL 1	7-8 M				
F 2:40-3:00 PM	LVL 2	9-10 F			LVL 2	7-8 F			LVL 2	7-8 F		
G 3:00-3:20 PM	LVL 1	6U F			LVL 2	7-8 F			LVL 1	7-8 F		
									LVL 1	7-8 M		
H 3:20-3:40 PM									LVL 3	9-10 F		

WARM UP PROCEDURES

ELITE LEVELS

YE - JE - IE - SE

Trampoline	2 Touches
Tumbling	3 Passes
Double Mini	3 Passes

JO LEVELS

	Level 1 - 7	Level 8 - OP
Trampoline	2 Passes	2 Touches
Tumbling	2 Passes	3 Passes
Double Mini	2 Passes	3 Passes

SYNCHRONIZED TRAMPOLINE

Level 8-10	1 Touch
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