



**Thursday** Revised 4-24 V7

5:00 PM Equipment Move In

**Friday**

10:00 AM Athlete Check-in Open  
 10:00 AM Doors Open for Admission  
 11:00 AM Training - Levels 10, Open & Elite Athletes  
 Noon Training - Levels 8 & 9  
 1:00 PM **Competition Cards Due**

= Elite Mobility Panel Needed  
 = Revised flight groups

**Session 1 - Levels 8-9**

1:30 PM Open Stretch  
 2:30 PM Judges Meeting

*Please arrive 45 minutes before your scheduled time.*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #
General Warm-up																			
A	3:00 PM	11-12.	L8 F	1										9-10.	L8 All	5			
B	3:20 PM													15+	L8 M	6			
C	3:40 PM	11-12.	L8 M	2										15+	L8 F Flt 1	7			
D	4:00 PM	11-12.	L9 All	3										15+	L8 F Flt 2	8			
E	4:20 PM	9-10.	L8 F	4										15+	L8 F Flt 3	9			

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**Session 2 - Levels 8-Elite**

5:00 PM Judges Meeting

*Please arrive 45 minutes before your scheduled time.*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #
General Warm-up																			
A	5:30 PM	13-14	L9 F	10				13-14	YE All, L10 All	14				11-12.	L8 F Flt 1	20			
B	5:50 PM							OPEN	All	15				11-12.	L8 F Flt 2	21			
C	6:10 PM							15-16	L10 All	16				11-12.	L9 All	22			
D	6:30 PM	13-14	L8 M, L9 M	11				SR	All	17				8U, 11-12.	8U L8 All, 11-12 L8M	23			
E	6:50 PM	13-14	L8 F Flt 1	12				IE	All	18				15+	L9 F Flt 1	24			
F	7:10 PM							JR	All	19				15+	L9 F Flt 2	25			
G	7:30 PM	13-14	L8 F Flt 2	13										15+	L9 F Flt 3	26			
H	7:50 PM													15+	L9 M	27			

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9:00 PM Everyone out of building

**Saturday**  
**Session 3 - Levels 7 - Elite**

8:00 AM Doors Open for Event Staff

8:15 AM Doors Open for Athlete Stretching

8:30 AM Doors Open for Admission

9:15 AM Judges Meeting

= Revised flight groups

*Please arrive 45 minutes before your scheduled time.*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #
	8:40 AM	General Warm-up																	
A	9:40 AM	15+	L9 M	28	15-16	L10 F Flt 1	32	15+	L7 F Flt 1	36				13-14	L9 M	44	SR	All Women	52
B	10:00 AM							15+	L7 F Flt 2	37				13-14	L8 M	45	SR	Men	53
C	10:20 AM	15+	L9 F Flt 1	29	15-16	L10 F Flt 2	33	11-12.	L8 F	38				13-14	L7 All	46			
D	10:40 AM							11-12.	L8 M	39				13-14	L9 F Flt 1	47	IE	All	54
E	11:00 AM							13-14	L8 M, L9 M	40				13-14	L9 F Flt 2	48	11-12.	L7 F	55
F	11:20 AM	15+	L9 F Flt 2	30	Open	All Female	34	9-10.	L8 All	41				13-14	L8 F Flt 1	49	10U, 11-12 13-14	L10 13-14 M, L10 10U, 11-12 All	56
G	11:40 AM							11-12.	L7 All, L9 All	42				13-14	L8 F Flt 2	50	JR	All Women	57
H	12:00 PM	15+	L8 M	31	15-16, Open	All Men, L10 M	35	8U, 9-10	L7 All	43				13-14	L8 F Flt 3	51	13-14	L10 F	58

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**Session 4 - Levels 1 - Elite**

*Please arrive 45 minutes before your scheduled time.*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #	
	1:00 PM	General Warm-up - Levels 8-Elite Only																		
	1:30 PM	Judges Meeting																		
A	2:00 PM	SR, IE	IE F, SR M	59	13-14	L5 F Flt 1	66	15+	L3, L4, L5	74				7-8.	L1, L2 All	82	JR, YE	All Men	90	
B	2:20 PM	IE	All Men	60	13-14	L5 F Flt 2	67	13-14	L9 F	75				11-12.	L7 M, L6 M	83	15-16	L10 ALL	91	
C	2:40 PM	JR, YE	All	61	13-14	L4 All	68	15+	L8 M, L7 M	76				6U	L1, L2 All	84	Open	All Women	92	
D	3:00 PM							13-14	L5 M	69	15+	L8 F Flt 1	77		11-12.	L6 F Flt 1	85	Open	All Men	93
E	3:20 PM	10U, 11-12	L 10 All	62	13-14	L7 M	70	15+	L8 F Flt 2	78				11-12.	L6 F Flt 2	86	11-12.	L5 F Flt 1	94	
F	3:40 PM	13-14	L10 M	63	13-14	L7 F Flt 1	71	15+, 9-10	L9 F	79				11-12.	L4 F Flt 1	87	11-12.	L5 F Flt 2	95	
G	4:00 PM	13-14	L10 F Flt 1	64	13-14	L7 F Flt 2	72	15+	L9 M	80				11-12.	L4 F Flt 2	88	11-12.	L5 F Flt 3	96	
H	4:20 PM	13-14	L10 F Flt 2	65	13-14	L6 F	73	15+	L6 All	81				11-12.	L4 F Flt 3	89	11-12.	L5 F Flt 4	97	

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**Session 5 - Levels 1 - 10**

*Please arrive 45 minutes before your scheduled time.*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #
	5:00 PM	General Warm-up - Level 8 & Synchro (40 Minutes)																	
	5:30 PM	Judges Meeting																	
A	5:40 PM	15+	L2, L4, L5, L6	100	9-10.	L8 M	107	13-14	L4 F	110	6U, 7-8	L4 All	117	8U	L5 All, L6 All, L7 F	124	11-12.	L4 M	131
B	6:00 PM	13-14	L2, L3 All	101	15+	L8 F Flt 1	108	13-14	L7 M, L7 F Flt 1	111	6U	L1 All, L2 All	118	11-12.	L5 M	125	11-12.	L2, L3 All	132
C	6:20 PM	15+	L7 F Flt 1	102				13-14	L7 F Flt 2	112	13-14	L1, L2, L3 All	119	8U, 9-10	L5M 8U, L7F 9-10	126	9-10.	L3 F	133
D	6:40 PM	15+	L7 F Flt 2	103	15+	L8 F Flt 2	109	13-14	L6 F Flt 1	113	8U	L6 All, L5 All	120	9-10.	L5 M, L6 F	127	9-10.	L4 F Flt 1	134
E	7:00 PM	JR, OP	ALL SYNCH	104				13-14	L6 F Flt 2	114	13-14	L6M, L5M, L4M	121	9-10.	L4M, L3M, L1&2 All	128	9-10.	L4 F Flt 2	135
F	7:20 PM	L10	ALL SYNCH	105				13-14	L5 F Flt 1	115	13-14	L8 F Flt 1	122	9-10.	L5 F Flt 1	129	9-10.	L4 F Flt 3	136
G	7:40 PM	L9	ALL SYNCH	106				13-14	L5 F Flt 2	116	13-14	L8 F Flt 2	123	9-10.	L5 F Flt 2	130	9-10.	L4 F Flt 4	137

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**Sunday**

**Session 6 - Level 1-7**

7:30 AM Doors Open for Event Staff

8:00 AM Doors Open for Athlete Stretching - Flights A & B

8:00 AM Doors Open for Admission

8:15 AM Judges Meeting

- Revised flight groups

*Please arrive 45 minutes before your scheduled time. Except flights A & B*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #
A	8:40 AM	9-10.	L1, L2 All	150	9-10.	L6 All	157	11-12.	L3 F Flt 1	164	11-12.	L1, L2, All	171	6U, 7-8	L4 M	178			
B	9:00 AM	9-10.	L3 F Flt 1, L4 M	151	8U	L6, L7 All	158	11-12.	L3 F Flt 2	165	11-12.	L3M, L4M, L5M	172	7-8.	L3	179			
C	9:20 AM	9-10 & 8U.	L3 F 9-10 Flt 2, L5 8U M	152	9-10.	L7 All	159	11-12.	L3 F Flt 3	166	11-12.	L5 F Flt 1	173	15+	L7 All	180			
D	9:40 AM	8U & 9-10	L5 F 8U, L5 9-10 M	153	6U, 7-8	L4 All	160	11-12.	L4 F Flt 1	167	11-12.	L5 F Flt 2	174	15+	L6 All	181			
E	10:00 AM	9-10.	L4 F Flt 1	154	9-10.	L5 F Flt 1	161	11-12.	L4 F Flt 2	168	11-12.	L6M, L6 F Flt 1	175	15+	L2, L4, L5 All	182			
F	10:20 AM	9-10.	L4 F Flt 2	155	9-10.	L5 F Flt 2	162	11-12.	L4 F Flt 3	169	11-12.	L6 F Flt 2	176	7-8.	L4 F Flt 1	183			
G	10:40 AM	11-12.	L6 M, L7 M	156	11-12.	L4 M, L5 M	163	7-8.	L1 All	170	9-10.	L6 All	177	7-8.	L4 F Flt 2	184			

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**Session 7 - Level 1-7**

##### Judge's Meeting

*Please arrive 45 minutes before your scheduled time. Except flights A & B*

Flight	Approx. Time	Age Group	Tramp 1	Grp #	Age Group	Tramp 2	Grp #	Age Group	Tumbling 1	Grp #	Age Group	Tumbling 2	Grp #	Age Group	Double-Mini 1	Grp #	Age Group	Double-Mini 2	Grp #
A	11:40 AM	11-12.	L7 F Flt 1	185	7-8.	L1, L2	192	9-10.	L1 F, L2 M	198	9-10.	L5 F	205	13-14	L5 F Flt 1	210			
B	12:00 PM	11-12.	L7 F Flt 2	186	11-12.	L4 F Flt 1	193	9-10.	L4 M, L4 F Flt 1	199	7-8.	L3 F	206	13-14	L5 F Flt 2	211			
C	12:20 PM	11-12.	L6 F Flt 1	187	11-12.	L4 F Flt 2	194	9-10.	L4 F Flt 2	200	9-10.	L3 M, L5 M	207	13-14	L6 F Flt 1	212			
D	12:40 PM	11-12.	L6 F Flt 2	188	11-12.	L5 F Flt 1	195	9-10.	L2 F	201	7-8.	L2 All	208	13-14	L6 F Flt 2	213			
E	1:00 PM	11-12.	L2, L3	189	11-12.	L5 F Flt 2	196	9-10.	L3 F Flt 1	202	7-8.	L3 M	209	13-14	L4 F Flt 1	214			
F	1:20 PM	6U	L1, L2	190	11-12.	L5 F Flt 3	197	9-10.	L3 F Flt 2	203				13-14	L4 F Flt 2	215			
G	1:40 PM	7-8.	L3 All	191				9-10.	L3 F Flt 3	204				13-14	L2, L3, L5M	216			

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