



7:15 AM Check-in Open
 7:45-8:15 Open Stretch
 7:45 AM Judge's Meeting

Warm-Ups			
Level	Trampoline	Tumbling	Double-Mini
L10-Elite	15 minutes	15 minutes	15 minutes
L8, L9	2 Touches	3 Touches	3 Touches
L1-7	2 Touches	2 Touches	2 Touches

SATURDAY													
SESSION 2													
FLIGHT	TIME	Age	Tramp A	Age	Tramp B	Age	Tumbling A	Age	Tumbling B	Age	Dbl-Mini A	Age	Dbl-Mini B
7:45	Judge's Meeting												
2A	8:15 AM	13-14	L8 F, Flt 1	13-14	L7 F, Flt 1	11-12.	L8 M, L9M, L10 M	8U, 9-10	L7, L6M	15-16	L10 All	15+	L9F
2B	8:40 AM			13-14	L7 F, Flt 2			9-10.	L6 F, Flt 1				
2C	9:00 AM	13-14	L8 F, Flt 2	13-14	L7 F, Flt 3	11-12.	L8 F, Flt 1	9-10.	L6 F, Flt 2	17-21, 22+	L10 All, Open	15+	L9M, L9F
2D	9:20 AM			13-14	L7M, L6M			9-10.	L5 F, Flt 1				
2E	9:40 AM	13-14	L8M, L9M	13-14	L6 F	11-12.	L8 F, Flt 2	9-10.	L5 F, Flt 2	15-16	JR All	15+	L8F, Flt 1
2F	10:00 AM			13-14	L5 F, Flt 1			9-10.	L5 F, Flt 3				
2G	10:20 AM	13-14	L9 F	13-14	L5 F, Flt 2	11-12.	L9F, L10F	9-10.	L5M	17+	SR F, IE F	15+	L8F, Flt 2
2H	10:40 AM			13-14	L4 All			8U	L5				
2I	11:00 AM	13-14	L10 All, YE	13-14	L3 All	8U, 9-10	L8, L9	9-10.	L4 F, Flt 1	17+	SR M, IE M	15+	L8F, Flt 3
2J	11:20 AM			9-10.	L4 F, Flt 2								

Unsure if we are doing Grand March or not

SESSION 3													
FLIGHT	TIME	Age	Tramp A	Age	Tramp B	Age	Tumbling A	Age	Tumbling B	Age	Dbl-Mini A	Age	Dbl-Mini B
3A	12:40 PM	15-16,	SR F, IE F,	15+	L9 F, Flt 1	13-14	YE, L10, L9	13-14	L6 F, Flt 1	11-12.	YE, L10, L9	11-12.	L6 F, Flt 1
3B	1:00 PM	17+	JR F					13-14	L6 F, Flt 2			11-12.	L6 F, Flt 2
3C	1:20 PM	15-16,	SR M, IE M,	15+	L9 F, Flt 2	13-14	L8 M	13-14	L6 F, Flt 3	11-12.	L8 M	11-12.	L6 M
3D	1:40 PM	17+	JR M					13-14	L5 M, L4 M			11-12.	L5 F, Flt 1
3E	2:00 PM	17-21,	L10 M,	15+	L8, Flt 1	13-14	L8 F, Flt 1	13-14	L5 F, Flt 1	11-12.	L8 F, Flt 1	11-12.	L5 F, Flt 2
3F	2:20 PM	22+	Open M					13-14	L5 F, Flt 2			11-12.	L5 F, Flt 3
3G	2:40 PM	17-21	L10 F	15+	L8, Flt 2	13-14	L8, Flt 2	13-14	L4 F	11-12.	L8 F, Flt 2	11-12.	L5 F, Flt 4
3H	3:00 PM							13-14	L3, L2			11-12.	L5 F, Flt 5
3I	3:20 PM	15-16	L10 F	15+	L9 M, L8 M	13-14	L7	15+	L3, L4	11-12.	L7 F	11-12.	L4 M, L3
3J	3:40 PM							11-12.	L7 M, L5 M			9-10.	L3, L2

ase plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead. If all athletes are in the building and we are running further ahead we will do

SESSION 4													
FLIGHT	TIME	Age	Tramp A	Age	Tramp B	Age	Tumbling A	Age	Tumbling B	Age	Dbl-Mini A	Age	Dbl-Mini B
4A	4:40 PM	15-16	L10 M	11-12.	L7 F, Flt 1	17+	SR, JR, Open	9-10.	L2F, Flt 1	9-10, 8U	L9, L8	9-10.	L4 F, Flt 1
4B	5:00 PM			11-12.	L7 F, Flt 2			9-10.	L2F, Flt 2			9-10.	L4 F, Flt 2
4C	5:20 PM	11-12.	YE, L10, L9	11-12.	L7 F, Flt 3	15-16, 17-21	L10	9-10.	L2M	9-10.	L7	9-10.	L4 F, Flt 3
4D	5:40 PM			11-12.	L6 F, Flt 1			15+	L7			9-10, 8U	L6 M
4E	6:00 PM	11-12.	L8 M	11-12.	L6 F, Flt 2	15+	L9 F	15+	L8 F, Flt 1	9-10.	L6 F	9-10.	L4 F, Flt 5
4F	6:20 PM			11-12.	L6 F, Flt 3					9-10.	L5 F, Flt 1	9-10.	L4 M
4G	6:40 PM	9-10, 8U	L9, L8	11-12.	L7 M	15+	L9 M	15+	L8 F, Flt 2, L8 M	9-10.	L5 F, Flt 2	9-10.	L5 M
4H	7:00 PM			11-12.	L6M, L5M, L4M					9-10.	L5 F, Flt 3	8U	L5

ase plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead. If all athletes are in the building and we are running further ahead we will do



7:15 AM Check-in Open
7:45-8:15 Open Stretch

Warm-Ups			
Level	Trampoline	Tumbling	Double-Mini
L10-Elite	15 minutes	15 minutes	15 minutes
L8, L9	2 Touches	3 Touches	3 Touches
L1-7	2 Touches	2 Touches	2 Touches

SUNDAY

SESSION 5

FLIGHT	TIME	Age	Tramp A	Age	Tramp B	Age	Tumbling A	Age	Tumbling B	Age	Dbl-Mini A	Age	Dbl-Mini B
5A	8:20 AM	7-8.	M L1, 2, 3, 4	11-12.	L4, Flt 1	7-8.	L4 F, Flt 1	11-12.	L6M, L5M	13-14	L9	15+	L7 F
5B	8:40 AM	6U	L1, L2, L3	11-12.	L4, Flt 2	7-8.	L4 F, Flt 2	11-12.	L4M			15+	L7 M, L6 F, L4
5C	9:00 AM	7-8.	L1F, L2F	9-10.	L7 F	7-8, 9-10	L4M	11-12.	L3M			15+	L5
5D	9:20 AM	7-8.	L3 F, Flt 1	9-10.	L7 M	11-12.	L6F, Flt 1	11-12.	L3 F, Flt 1	13-14	L10, YE	13-14	L7 F, Flt 1
5E	9:40 AM	7-8.	L3 F, Flt 2	9-10.	L6 F, Flt 1	11-12.	L6F, Flt 2	11-12.	L3 F, Flt 2			13-14	L7 F, Flt 2, L7M
5F	10:00 AM	7-8.	L4 F	9-10.	L6 F, Flt 2	11-12.	L6F, Flt 3	11-12.	L3 F, Flt 3	13-14	L8 F, Flt 1	13-14	L6, L5 M
5G	10:20 AM	8U	L5, L6	9-10.	L6 M	11-12.	L7	11-12.	L2			13-14	L5 F, Flt 1
5H	10:40 AM	15+	L6, L7M	9-10.	L5 F, Flt 1	11-12.	L4F, Flt 1	11-12.	L5F, Flt 1	13-14	L8 F, Flt 2	13-14	L5 F, Flt 2
5I	11:00 AM	15+	L7 F, Flt 1	9-10.	L5 F, Flt 2	11-12.	L4F, Flt 2	11-12.	L5F, Flt 2			13-14	L4
5J	11:20 AM	15+	L7 F, Flt 2	9-10.	L5 F, Flt 3	11-12.	L4F, Flt 3	11-12.	L5F, Flt 3	13-14	L8 F, Flt 3	13-14	L8 M
5K	11:40 AM	15+	L7 F, Flt 2	9-10.	L5M, L4M	11-12.	L4F, Flt 4	11-12.	L5F, Flt 4			7-8.	L3 F
										13-14	L8 F, Flt 4		

ase plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead. If all athletes are in the building and we are running further ahead we will do

SESSION 6

FLIGHT	TIME	Age	Tramp A	Age	Tramp B	Age	Tumbling A	Age	Tumbling B	Age	Dbl-Mini A	Age	Dbl-Mini B
6A	12:40 PM	15+	L4, L5	9-10.	L2	7-8.	L3 F, Flt 1	15+	L6 M, L5 M	6U	L1, L3	11-12.	L4 F, Flt 1
6B	1:00 PM	11-12.	L3	9-10.	L3M	7-8.	L3 F, Flt 2	15+	L6 F	7-8.	L4 M, L3M	11-12.	L4 F, Flt 2
6C	1:20 PM	11-12.	L5 F, Flt 1	9-10.	L4 F, Flt 1	9-10.	L3 F, Flt 1	15+	L5 F	7-8.	L4 F, Flt 1	11-12.	L4 F, Flt 3
6D	1:40 PM	11-12.	L5 F, Flt 2	9-10.	L4 F, Flt 2	9-10.	L3 F, Flt 2	7-8, 9-10	L3M	7-8.	L4 F, Flt 1	7-8.	L1, L2
6E	2:00 PM	11-12.	L5 F, Flt 3	9-10.	L4 F, Flt 3	9-10.	L3 F, Flt 3	7-8.	L1, L2M				
6F	2:20 PM	11-12.	L5 F, Flt 4	9-10.	L3 F, Flt 1	9-10.	L3 F, Flt 4	7-8.	L2F, Flt 1				
6G	2:40 PM	11-12.	L5 F, Flt 5	9-10.	L3 F, Flt 2	6U	L1, L2, L3	7-8.	L2F, Flt 2				