

Thursday 6-10pm
Set-up

Friday, May 3, 2024



12:00 PM Buses start running
1:00 PM Check-in Open
2:30-3:30 Elite, L10, Open Training
3:30-4:30 L8-9 Training
4:30 Comp. Cards Due
5:00-5:50 Synch Training

5:30 Judge's Meeting

Session 1, Friday May 3

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
Synchro																			
1A	6:00 PM		L10 & Open																
1B	6:20 PM	SYNCH																	
1C	6:40 PM	SYNCH	Elite																
1D	7:00 PM	17-21	INT F																
1E	7:20 PM	17-21	INT M																
1F	7:40 PM	15-16	L10 M																
1G	8:00 PM	17-21	OPEN F																

Please allow an extra 30 minutes to park and ride the bus to the venue

9:45 PM Last Bus

Warm-up	TR/IND	TR/SY	TU	DM
Levels 1-7	2 touches		2 touches	2 touches
Levels 8-9	3 touches	1 touch	4 touches	4 touches
Level 10	3 touches	2 touches	4 touches	4 touches
Open	3 touches	2 touches	4 touches	4 touches
YE/JR	3 touches	2 touches	4 touches	4 touches
INT/SR	3 touches	2 touches	4 touches	4 touches



Warm-up	TR/IND	TR/SY	TU	DM
Levels 1-7	2 touches		2 touches	2 touches
Levels 8-9	3 touches	1 touch	4 touches	4 touches
Level 10	3 touches	2 touches	4 touches	4 touches
Open	3 touches	2 touches	4 touches	4 touches
YE/JR	3 touches	2 touches	4 touches	4 touches
INT/SR	3 touches	2 touches	4 touches	4 touches

SATURDAY, May 4, 2024

SESSION 2

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
8:00	Judge's Meeting																		
2A	8:20 AM	13-14	L10 F		13-14	L5 M		9-10.	L8, L9		11-12.	L5M L6M		All	SR & INT M		15+	L7 F	
2B	8:40 AM				13-14	L7F FLT 1		11-12.	F L8, L10		11-12.	L4F FLT1		15+		L6 F			
2C	9:00 AM	13-14	L10 M		13-14	L7 F FLT 2					11-12.	L4F FLT 2		All	SR W, JR, YE		15+	L5 F, L4 F	
2D	9:20 AM				13-14	L5 F FLT 1		11-12.	M L8, L9		11-12.	L3 F FLT 1		15+		M L4, L6, L7			
2E	9:40 AM	13-14	L9		13-14	L5 F FLT 2					11-12.	L3 F FLT 2		17-21,	OPEN M, L10 M		9-10.	L5 F FLT 1	
2F	10:00 AM				13-14	L5 F FLT 3		11-12.	L7 F FLT 1		11-12.	L5 F FLT 1		15-16		9-10.	L5 F FLT 2		
2G	10:20 AM	13-14	L8 F FLT 1		13-14	L6 FLT 1		11-12.	L7F FLT 2, L7M		11-12.	L5 F FLT 2		17-21	OPEN F		9-10.	L5 F FLT 3	
2H	10:40 AM				13-14	L6 FLT 2		11-12.	L6 F FLT 1		11-12.	L5 F FLT 3				9-10.	L4 F FLT 1		
2I	11:00 AM	13-14	L8 F FLT 2		13-14	L4 F		11-12.	L6 F FLT 2		11-12.	L1, L2, L3M, L4M		10U,	L10 F		9-10.	L4 F FLT 2	
2J	11:20 AM				13-14	L2, L3		11-12.	L6 F FLT 3		8U	L5, L6		15-16		9-10.	L4 F FLT 3		

11:40-12:30 Lunch Break

SESSION 3

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
3A	12:40 PM	ALL	SR M		9-10.	L5 F FLT 1					7-8.	L4 F		11-12.	L9, L10		11-12.	L7 F	
3B	1:00 PM				9-10.	L5 F FLT 2		15+	L9		7-8.	L3 F FLT 1		11-12.		L4M, L5M, L3F			
3C	1:20 PM	10U, JR, YE	JR, YE, 10U L10		9-10.	L5 F FLT 3		13-14	L8 M		7-8.	L3 F FLT 2		11-12.	L8 M		11-12.	L6 F FLT 1	
3D	1:40 PM				9-10.	L4 F FLT 1				7-8.	L2		11-12.	L6 F FLT 2					
3E	2:00 PM	17-21,22+	OPEN M		9-10.	L4 F FLT 2		15+	L8 F FLT 1		7-8.	L3M, L4M		11-12.	L8 F FLT 1		11-12.	L5 F FLT 1	
3F	2:20 PM				9-10.	L3 F				6U, 7-8	L1		11-12.			L5 F FLT 2			
3G	2:40 PM	15-16	L10 F		9-10.	L6 F		15+	L8 F FLT 2		6U	L2, L3		11-12.	L8 F FLT 2		11-12.	L5 F FLT 3	
3H	3:00 PM				9-10.	L7, L6M				13-14	L7		11-12.			L5 F FLT 4			

Please all an extra 30 minutes to park and ride the bus to the venue

Please 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 so.



Warm-up	TR/IND	TR/SY	TU	DM
Levels 1-7	2 touches		2 touches	2 touches
Levels 8-9	3 touches	1 touch	4 touches	4 touches
Level 10	3 touches	2 touches	4 touches	4 touches
Open	3 touches	2 touches	4 touches	4 touches
YE/JR	3 touches	2 touches	4 touches	4 touches
INT/SR	3 touches	2 touches	4 touches	4 touches

SESSION 4

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
4A	3:40 PM	11-12.	L9, L10		11-12.	L7 M		ALL	INT		15+	L7		6U	L1		7-8.	L2 F FLT 1	
4B	4:00 PM				11-12.	L6 M					15+	L6 F, Flt 1		6U	L2		7-8.	L2 F FLT 2	
4C	4:20 PM	11-12.	L8 F FLT 1		11-12.	L5 M		ALL	SR, JR, YE		15+	L6F Flt 2, L6M		8U	L5		9-10.	L2F, L2M, L3M	
4D	4:40 PM				11-12.	L6 F FLT 1					15+	L5		7-8.	L1, L3		9-10.	L6 F	
4E	5:00 PM	11-12.	L8 F FLT 2		11-12.	L6 F FLT 2		17-21	OPEN		15+	L4		7-8.	L4F Flt 1		9-10.	L4 M	
4F	5:20 PM				11-12.	L4 F FLT 1					15+	L3		7-8.	L4 F FLT 2		9-10.	L5 M	
4G	5:40 PM	8U,	L8 F FLT 3, L8M, 8U L8F		11-12.	L4 F FLT 2		15-16, 22+	L10 (15-16), OPEN (22+)		13-14	L3 F FLT 1		7-8.	L4 M, L2 M		9-10.	L7	
4H	6:00 PM	11-12			11-12.	L4F FLT3, L4M		13-14	L9, L10		13-14	L3F FLT 2		9-10.	L8M, L9M		9-10.	L3 F	

6:20-7:15 DINNER

SESSION 5

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
5A	7:20 PM	9-10.	L8, L9		11-12.	L3 F		13-14	L8 F		13-14	L4 F					13-14	L10 13-14	
5B	7:40 PM				11-12.	L5 F FLT 1					13-14	M L3, L5, L6							
5C	8:00 PM	13-14	L8 M		11-12.	L5 F FLT 2		15+	L8 M		13-14	M L1, L4					15+	L8 F	
5D	8:20 PM				11-12.	L5 F FLT 3					13-14	L5 F FLT 1							
5E	8:40 PM	11-12.	L7 FLT 1		11-12.	L5 F FLT 4		13-14	L6 F FLT 1		13-14	L5 F FLT 2					15+	L8 F	
5F	9:00 PM	11-12.	L7 F FLT 2		13-14	M L4, L6, L7		13-14	L6 F FLT 2		13-14	L5 F FLT 3							

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10:00 PM Last Bus



7:00 AM First Bus
 7:15 AM Check-in Open
 7:45-8:15 Open Stretch

Warm-up	TR/IND	TR/SY	TU	DM
Levels 1-7	2 touches		2 touches	2 touches
Levels 8-9	3 touches	1 touch	4 touches	4 touches
Level 10	3 touches	2 touches	4 touches	4 touches
Open	3 touches	2 touches	4 touches	4 touches
YE/JR	3 touches	2 touches	4 touches	4 touches
INT/SR	3 touches	2 touches	4 touches	4 touches

SUNDAY

SESSION 6

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
6A	8:20 AM	15+	L7 F FLT 1		15+	L9 M		9-10.	L3 F FLT 1		9-10.	L1, L2		13-14	L9 M		13-14	L5 M	
6B	8:40 AM	15+	L7 F FLT 2					9-10.	L3 F FLT 2		9-10.	L3 M					13-14	L2, L3M, L4M	
6C	9:00 AM	15+	L5 F		15+	L9 F		9-10.	L3 F FLT 3		9-10.	L5 F FLT 1		13-14	L8 M		13-14	L4 F	
6D	9:20 AM	15+	L3, L4					9-10.	L4 F FLT 1		9-10.	L5 F FLT 2		13-14	L9 F		13-14	L7 F	
6E	9:40 AM	15+	L6M, L7M		15+	L8 M		9-10.	L4 F FLT 2		9-10.	L6 F		13-14	L8 F FLT 1		13-14	L7M, L6M	
6F	10:00 AM	15+	L6 F					9-10.	L4 F FLT 3		9-10.	L4M, L5M, L6M					13-14	L5 F FLT 1	
6G	10:20 AM	8U	L5 F		15+	L8 F FLT 1					9-10.	L7		13-14	L8 F FLT 2		13-14	L5 F FLT 2	
6H	10:40 AM	8U	L5M, L6														13-14	L5 F FLT 3	
6I	11:00 AM	6U	L1, L2		15+	L8 F FLT 2								13-14	L8 F FLT 3		13-14	L6 F FLT 1	
6J	11:20 AM	9-10.	L4 M														13-14	L6 F FLT 2	

11:40-12:30 Lunch

SESSION 7

FLIGHT	TIME	Age	Tramp 1	# in	Age	Tramp 2	# in	Age	Tumbling 1	# in	Age	Tumbling 2	# in	Age	Dbl-Mini 1	# in	Age	Dbl-Mini 2	# in
7A	12:40 PM	9-10.	L1 F, L2 F											11-12.	L4 F FLT 1		15+	L9 F	
7B	1:00 PM	7-8.	L1F, L2F FLT 1											11-12.	L4 F FLT 2				
7C	1:20 PM	7-8.	L2 F FLT 2											11-12.	L6M		15+	L9 M	
7D	1:40 PM	7-8.	L3 F																
7E	2:00 PM	7-8.	L2M, L4M														15+	L8 M	
7F	2:20 PM	7-8.	L4 F																
7G	2:40 PM	9-10.	L2M, L3M														8U,	L8 F, L9 F	
7H	3:00 PM	9-10.	L5 M														9-10.		
7I	3:20 PM	all	I missed my flight Touch Group																

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4:45 PM Last Bus