



THURSDAY- JANUARY 20, 2022

3:00 - 5:00 PM	Training Session #1
5:00 - 7:00 PM	Training Session #2
7:00 - 9:00 PM	Training Session #3

FRIDAY- JANUARY 21, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
7:45 - 8:45 AM	LEVEL 10, OPEN & ELITE TRAMPOLINE ONLY SESSION WARM UP											
7:45 - 8:45 AM	LVL 9 TRAINING ON TUMBLING "A" & DOUBLE MINI "B"											

SESSION 1

A	9:00 - 9:30 AM	IE	M			LVL 9	15+ F			LVL 9	11-12 F		
		YE	13-14 M										
B	9:30 - 10:00 AM	SR	M	LVL 8 WARM UP TRA B FRIDAY ONLY		LVL 9	15+ M			LVL 9	13-14 F		
		JR	M			LVL 9	13-14 M						
						LVL 9	11-12 M						
						LVL 9	9-10 M						
						LVL 9	9-10 F						
					LVL 9	11-12 F							
C	10:00 - 10:30 AM	YE	13-14 F			LVL 8	15+ M			LVL 9	13-14 F		
		JR	F										
D	10:30 - 11:00 AM	IE	F			LVL 8	15+ F			LVL 8	11-12 F		
E	11:00 - 11:30 AM	OP	17-21 F			LVL 8	15+ F			LVL 8	11-12 F		
F	11:30 - 12:00 PM	OP	17-21 M			LVL 8	15+ F			LVL 8	11-12 F		
		OP	22+ M										
G	12:00 - 12:30 PM	LVL 10	13-14 F	LVL 8	15+ F	LVL 8	15+ F			LVL 9	9-10 M		
										LVL 9	13-14 M		
H	12:30 - 1:00 PM	LVL 10	15-16 F	LVL 8	15+ F	LVL 8	13-14 F			LVL 9	11-12 M		
										LVL 9	15+ M		
I	1:00 - 1:30 PM	LVL 10	15-16 F	LVL 8	15+ F	LVL 8	13-14 F			LVL 9	15+ F		
J	1:30 - 2:00 PM	LVL 10	15-16 F	LVL 8	15+ F	LVL 8	13-14 M			LVL 9	15+ F		
		LVL 10	11-12 F			LVL 8	11-12 M						
K	2:00 - 2:30 PM	LVL 10	13-14 M	LVL 8	9-10 F					LVL 9	15+ F		
		LVL 10	15-16 M										
		LVL 10	11-12 M	LVL 8	15+ M								
	2:30 PM	AWARDS SESSION - LEVEL 8 ONLY											

FRIDAY- JANUARY 21, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
2:30 - 3:30 PM	LUNCH											
SESSION 2												
3:00 - 4:00 PM	DM/TU LEVEL 10 , OPEN, & ELITE SESSION WARM UP											
3:00 - 4:00 PM	LVL 9 TRA A & 8 TRA B WARMUP						LVL 8 DM B WARM UP					
A 4:00 - 4:30 PM	LVL 9	11-12 F	LVL 8	13-14 M	SR	M			IE	M	LVL 8	15+ F
					SR	F			JR	M		
									YE	13-14 M		
B 4:30 - 5:00 PM	LVL 9	11-12 F	LVL 8	11-12 F	OP	17-21 F			SR	M	LVL 8	15+ F
	LVL 9	9-10 M			OP	17-21 M						
	LVL 9	11-12 M			OP	22+ M						
C 5:00 - 5:30 PM	LVL 9	15+ F	LVL 8	11-12 F	IE	M			SR	M	LVL 8	15+ F
					IE	F						
					JR	F						
					JF	M						
D 5:30 - 6:00 PM	LVL 9	15+ F	LVL 8	11-12 F	LVL 10	15-16 M			SR	F	LVL 8	9-10 M
					LVL 10	13-14 M			IE	F	LVL 8	8U M
									JR	F	LVL 8	13-14 M
									YE	13-14 F		
E 6:00 - 6:30 PM	LVL 9	15+ F	LVL 8	11-12 M	LVL 10	15-16 F			OP	17-21 F	LVL 8	13-14 F
			LVL 8	9-10 M	LVL 10	13-14 F						
F 6:30 - 7:00 PM	LVL 9	15+ M	LVL 8	13-14 F	LVL 8	11-12 F			OP	17-21 M	LVL 8	13-14 F
	LVL 9	13-14 M							OP	22+ M		
G 7:00 - 7:30 PM	LVL 9	13-14 F	LVL 8	13-14 F	LVL 8	11-12 F			LVL 10	15-16 F	LVL 8	13-14 F
											LVL 8	9-10 F
H 7:30 - 8:00 PM	LVL 9	13-14 F	LVL 8	13-14 F	LVL 8	11-12 F			LVL 10	15-16 F	LVL 8	11-12 M
					LVL 8	9-10 F					LVL 8	15+ M
I 8:00 - 8:30 PM		SYNC							LVL 10	13-14 F		
		WARM							LVL 10	11-12 F		
		UP							LVL 10	11-12 M		
									LVL 10	15-16 M		
J 8:30 - 9:00 PM	SR	M							LVL 10	13-14 M		
	S9	13+ M										
	S9	13+ F										
	S9	12U F										
9:00 PM	AWARDS CEREMONY (LEVEL 8 & SYNC ONLY)											

SATURDAY- JANUARY 22, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 3												
7:45 - 8:45 AM	ELITE FINALIST SESSION WARMUP											
A 9:00 - 9:30 AM	IE	M	LVL 7	13-14 F	SR	M	LVL 7	15+ F	JR	M	LVL 6	13-14 F
	YE	13-14 M			SR	F			JR	F		
									YE	13-14 F		
B 9:30 - 10:00 AM	SR	M	LVL 7	13-14 F	IE	M	LVL 7	9-10 M	SR	F	LVL 6	13-14 F
	JR	M			JR	F	LVL 7	11-12 M	IE	F		
							LVL 7	13-14 M				
C 10:00 - 10:30 AM	YE	13-14 F	LVL 7	13-14 F	IE	F	LVL 5	15+ F	SR	M	LVL 6	13-14 F
	JR	F			JF	M						
D 10:30 - 11:00 AM	IE	F	LVL 7	15+ F	LVL 7	11-12 F	LVL 7	13-14 F	LVL 6	9-10 F	LVL 6	11-12 F
E 11:00 - 11:30 AM	LVL 6	9-10 F	LVL 7	15+ F	LVL 7	11-12 F	LVL 7	13-14 F	LVL 7	13-14 M	LVL 6	11-12 F
	LVL 6	15+ F					LVL 7	9-10 F	LVL 7	11-12 M		
									LVL 7	15+ M		
F 11:30 - 12:00 PM	LVL 6	9-10 F	LVL 7	15+ M	LVL 7	11-12 F	LVL 7	13-14 F	LVL 6	15+ F	LVL 6	11-12 F
			LVL 6	15+ M			LVL 7	9-10 F				
12:00 PM	AWARDS CEREMONY											
12:00 - 1:30 PM	LUNCH											
12:30 - 1:30 PM	LEVEL 10 & OPEN FINALIST SESSION WARM UP											
SESSION 4												
A 1:40 - 2:00 PM	LVL 10	13-14 M	LVL 7	11-12 F	OP	17-21 F	LVL 6	13-14 F	LVL 10	13-14 F	LVL 7	15+ F
	LVL 10	15-16 M			OP	17-21 M			LVL 10	11-12 F		
	LVL 10	11-12 M										
B 2:00 - 2:20 PM	LVL 10	15-16 F	LVL 7	11-12 F	LVL 10	15-16 M	LVL 6	13-14 F	LVL 10	11-12 M	LVL 7	13-14 F
					LVL 10	13-14 M						
C 2:20 - 2:40 PM	OP	17-21 F	LVL 7	11-12 F	LVL 10	15-16 F	LVL 6	13-14 F	LVL 10	15-16 M	LVL 7	13-14 F
					LVL 10	13-14 F			LVL 10	13-14 M		
D 2:40 - 3:00 PM	OP	17-21 M	LVL 7	11-12 F	LVL 6	11-12 M	LVL 6	11-12 F	LVL 10	15-16 F	LVL 6	9-10 M
	OP	22+ M	LVL 7	9-10 F	LVL 6	15+ M					LVL 6	8U M
E 3:00 - 3:20 PM	LVL 10	11-12 F	LVL 5	15+ F	LVL 6	9-10 M	LVL 6	11-12 F	OP	17-21 F	LVL 6	13-14 M
	LVL 10	13-14 F			LVL 6	13-14 M					LVL 6	11-12 M
F 3:20 - 3:40 PM	LVL 7	9-10 M	LVL 6	9-10 M	LVL 6	9-10 F	LVL 6	11-12 F	OP	17-21 M	LVL 5	13-14 M
	LVL 7	11-12 M	LVL 6	8U M	LVL 6	8U F			OP	22+ M	LVL 5	15+ M
	LVL 7	13-14 M									LVL 5	15+ F
3:40 PM	AWARDS CEREMONY											
3:45 - 5:30 PM	DINNER											

SUNDAY- JANUARY 23, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B	
SESSION 6													
A	9:00 - 9:30 AM	LVL 5	9-10 F	LVL 5	9-10 M	LVL 4	7-8 F	LVL 4	9-10 F	LVL 5	8U M	LVL 5	11-12 F
						LVL 4	15+ F						
B	9:30 - 10:00 AM	LVL 5	9-10 F	LVL 4	9-10 M	LVL 5	9-10 M	LVL 4	9-10 F	LVL 5	8U F	LVL 5	11-12 F
				LVL 4	11-12 M	LVL 5	8U M						
				LVL 4	13-14 M								
C	10:00 - 10:20 AM	LVL 5	9-10 F	LVL 5	8U F	LVL 3	7-8 F	LVL 4	7-8 M	LVL 4	13-14 F	LVL 5	11-12 F
								LVL 4	9-10 M	LVL 4	15+ F		
								LVL 4	11-12 M				
D	10:20 - 10:40 AM	LVL 5	9-10 F	LVL 4	9-10 F	LVL 3	9-10 M	LVL 4	13-14 F	LVL 4	13-14 F	LVL 5	11-12 F
E	10:40 - 11:00 AM	LVL 5	11-12 F	LVL 4	9-10 F	LVL 5	9-10 F	LVL 4	13-14 F	LVL 5	9-10 M	LVL 4	7-8 F
												LVL 4	13-14 M
F	11:00 - 11:20 AM	LVL 5	11-12 F	LVL 4	9-10 F	LVL 5	9-10 F	LVL 4	11-12 F	LVL 3	9-10 F	LVL 4	9-10 M
				LVL 4	15+ F	LVL 5	8U F					LVL 4	11-12 M
												LVL 4	15+ M
G	11:20 - 11:40 AM	LVL 5	11-12 F	LVL 4	9-10 F	LVL 5	9-10 F	LVL 4	11-12 F	LVL 3	9-10 F	LVL 2	6U M
												LVL 2	9-10 M
												LVL 2	7-8 M
												LVL 3	9-10 M
H	11:40 - 12:00 PM	LVL 5	11-12 F	LVL 5	8U M	LVL 3	13-14 F	LVL 4	11-12 F	LVL 2	9-10 F	LVL 2	7-8 F
										LVL 2	11-12 F		
12:00 PM	AWARDS CEREMONY												

SUNDAY- JANUARY 23, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
12:00 - 12:40 PM	LUNCH											
SESSION 7												
A 12:40-1:00 PM	LVL 2	9-10 F	LVL 4	7-8 F	LVL 3	9-10 F	LVL 5	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
B 1:00-1:20 PM	LVL 2	9-10 F	LVL 2	7-8 F	LVL 3	9-10 F	LVL 5	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
C 1:20-1:40 PM	LVL 2	6U M	LVL 2	7-8 F	LVL 3	9-10 F	LVL 5	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
	LVL 2	7-8 M										
	LVL 2	9-10 M										
D 1:40-2:00 PM	LVL 2	6U F	LVL 2	13-14 F	LVL 3	7-8 M	LVL 5	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
			LVL 2	11-12 F	LVL 3	13-14 M						
					LVL 3	15+ M						
					LVL 2	7-8 M						
					LVL 2	15+ M						
E 2:00-2:20 PM	LVL 1	7-8 F	LVL 1	6U M	LVL 3	11-12 F	LVL 3	11-12 M	LVL 4	11-12 F	LVL 4	9-10 F
			LVL 1	6U F			LVL 3	15+ F				
			LVL 1	9-10 F								
			LVL 1	13-14 F								
F 2:20 -2:40 PM	LVL 4	13-14 F	LVL 3	9-10 F	LVL 3	11-12 F	LVL 2	7-8 F	LVL 4	11-12 F	LVL 1	7-8 F
G 2:40 - 3:00 PM	LVL 4	13-14 F	LVL 3	7-8 F	LVL 3	11-12 F	LVL 2	7-8 F	LVL 4	11-12 F	LVL 1	6U F
											LVL 1	9-10 F
H 3:00 - 3:20 PM	LVL 4	11-12 F	LVL 3	7-8 F	LVL 3	11-12 F	LVL 2	9-10 F	LVL 4	11-12 F	LVL 3	11-12 F
			LVL 3	6U F							LVL 3	13-14 F
I 3:20-3:40 PM	LVL 4	11-12 F	LVL 3	13-14 F	LVL 1	9-10 F	LVL 2	9-10 F	LVL 4	11-12 F	LVL 3	7-8 F
			LVL 3	11-12 F			LVL 2	6U F				
			LVL 3	7-8 M								
			LVL 3	15+ M								
J 3:40-4:00 PM	LVL 4	11-12 F			LVL 2	11-12 F	LVL 1	7-8 F	LVL 2	6U F	LVL 3	7-8 F
K 4:00-4:20 PM	LVL 4	11-12 F			LVL 2	11-12 F	LVL 1	7-8 F				
					LVL 2	13-14 F						
L 4:20 - 4:40 PM					LVL 1	6U F	LVL 1	6U M				
							LVL 1	7-8 M				
							LVL 1	9-10 M				
4:45 PM	AWARDS CEREMONY											

WARM UP PROCEDURES**PRELIMS/FINALS****ELITE LEVELS**

One hour session warm up + touches

YE - JE - IE - SE

Trampoline	2 Touch
Tumbling	3 Passes
Double Mini	3 Passes

PRELIMS**JO LEVELS**

	Level 1 - 7	Level 8 - 9	Level 10/OPEN
Trampoline	2 Touch	2 Touch	2 Touch
Tumbling	2 Passes	3 Passes	3 Passes
Double Mini	2 Passes	3 Passes	3 Passes

FINALS**JO LEVELS**

	Level 1 - 8	Level 9	Level 10
Trampoline	NO FINALS	1 Touch	1 Touch
Tumbling	NO FINALS	3 Passes	3 Passes
Double Mini	NO FINALS	3 Passes	3 Passes

SYNCHRONIZED TRAMPOLINE

One hour session warm up + touches

ELITE	Two touches
Level 9 & 10	One touch