Good Morning,

Over the next few weeks you will be receiving emails from me that will help in your preparation for the Region 3 Championships.

Please make sure to note all the details.  I will send one final email with All of the information included in one email to help those that prefer to keep everyone in one place.

Looking Forward to seeing you soon.

Patti

**OPEN TRAINING**

Level 8 - Senior Elite

Friday, May 5th

8:00 am – 10:00 am (first flights will be called back to staging at 10:50am)

**FLIGHT WARM UP**

**Trampoline**

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| --- | --- | --- |
| **Local/State/Regional/National**  If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition. | | |
| **Trampoline / Synchro** | | |
| **Levels** | **Qualification** | **Finals** |
| Levels 1-4 | 2 Touches / N/A | N/A |
| Levels 5-7 | 2 Touches / N/A | N/A |
| Levels 8-Open | 2 Touches / 1 Touch | 1 Touch / N/A |
| **Local/State/Regional/National**  If NO general training or warm-up sessions are provided prior to competition, the following warm-up will be provided immediately prior to flight competition | | |
| **Trampoline / Synchro** | | |
| **Levels** | **Qualification** | **Finals** |
| Levels 1-4 | 2 Touches / N/A | N/A |
| Levels 5-7 | 2 Touches / N/A | N/A |
| Levels 8-Open | 3 Touches / 1 Touch | 1 Touch / N/A |
| **National Events**  When session warm-ups are provided, they must be a minimum of 50 minutes in length and provide a minimum of 15 minutes stretch time. | | |

**Tumbling**

|  |  |  |
| --- | --- | --- |
| **Local/State/Regional/National**  If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition. | | |
| **Levels** | **Qualification** | **Finals** |
| Levels 1-4 | 2 Touches | N/A |
| Levels 5-7 | 2 Touches | N/A |
| Level 8 | 3 Touches | N/A |
| Level 9 | 3 Touches | 2 Touch |
| Levels 10 / Open | 3 Touches | 3 Touches |
| **Local/State/Regional/National**  If NO general training or warm-up sessions are provided prior to competition, the following warm-up will be provided immediately prior to flight competition | | |
| **Levels** | **Qualification** | **Finals** |
| Levels 1-4 | 2 Touches | N/A |
| Levels 5-7 | 2 Touches | N/A |
| Level 8 | 4 Touches | N/A |
| Level 9 | 4 Touches | 2 Touches |
| Levels 10 / Open | 4 Touches | 4 Touches |
| **National Events**  When session warm-ups are provided, they must be a minimum of 50 minutes in length and provide a minimum of 15 minutes stretch time. | | |

**Double Mini**

|  |  |  |
| --- | --- | --- |
| **Local/State/Regional/National**  If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition. | | |
| Levels | Qualification | Finals |
| Levels 1-4 | 2 touches | N/A |
| Levels 5-7 | 2 touches | N/A |
| Level 8 | 3 touches | N/A |
| Level 9 | 3 touches | 2 touches |
| Levels 10 / Open | 3 touches | 3 touches |
| **Local/State/Regional/National**  If NO general training or warm-up sessions are provided prior to competition, the following warm-up will be provided immediately prior to flight competition | | |
| Levels | Qualification | Finals |
| Levels 1-4 | 2 touches | N/A |
| Levels 5-7 | 2 touches | N/A |
| Level 8 | 4 touches | N/A |
| Level 9 | 4 touches | 2 touches |
| Levels 10 / Open | 4 touches | 4 touches |
| **National Events**  When session warm-ups are provided, they must be a minimum of 50 minutes in length and provide a minimum of 15 minutes stretch time. | | |

**Elite All Disciplines:**

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|  | **General Training**  **or**  **Session Warmup** | **Comparable Equipment in Adjacent Hall** | **Level** | **TRA/IND** | **TRA/SYN** | **TUM** | **DMT** |
| Q1 | O | O | YE/JR | 3 touches | 2 touches | 4 touches | 4 touches |
| O | O | INT/SR | 3 touches | 2 touches | 4 touches | 4 touches |
| F1\* | O | O | YE/JR, | 2 touches | 2 touches | 4 touches | 4 touches |
| O | O | INT/SR | 2 touches | 2 touches | 4 touches | 4 touches |
|  | | | | | | | |
| Q1 | P | O | YE/JR | 2 touches | 1 touch | 3 touches | 3 touches |
| P | O | INT/SR | 2 touches | 2 touches | 3 touches | 3 touches |
| F1\* | P | O | YE/JR, | 1 touch | 1 touch | 3 touches | 3 touches |
| P | O | INT/SR | 1 touch | 1 touch | 3 touches | 3 touches |
|  | | | | | | | |
| Q1 | P | P | YE/JR | 1 touch | 1 touch | 2 touches | 2 touches |
| P | P | INT/SR | 1 touch | 1 touch | 2 touches | 2 touches |
| F1 \* | P | P | YE/JR | 1 touch | 1 touch | 2 touches | 2 touches |
| P | P | INT/SR | 1 touch | 1 touch | 2 touches | 2 touches |
| F2 | P | P | YE/JR | N/A | N/A | N/A | N/A |
| P | P | INT/SR |  |  |  |  |

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