



SATURDAY- APRIL 15, 2023

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
8:00 - 10:00 AM	LEVEL 8 THRU ELITE TRAINING											
10:15 - 10:45 AM	GRAND MARCH IN											

SESSION 1

A	11:00 - 11:30 AM	IE	17-21 F			LVL 8	15+ F			LVL 9	11-12 M		
		JR	15-16 M							LVL 9	13-14 M		
		JR	15-16 F							LVL 9	15+ M		
		OP	17-21 F							LVL 9	11-12 F		
B	11:30 - 12:00 PM	LVL 10	15-16 M			LVL 8	15+ F			LVL 9	13-14 F		
		LVL 10	15-16 F										
		LVL 10	13-14 M										
		LVL 10	11-12 F										
C	12:00 - 12:30 PM	LVL 9	13-14 F			SR	M			LVL 9	15+ F		
						IE	17-21 F						
						OP	17-21 F						
						LVL 10	15-16 M						
						LVL 9	11-12 F						
						LVL 9	13-14 M						
D	12:30 - 1:00 PM	LVL 9	15+ F			LVL 9	13-14 F			SR	F		
		LVL 9	11-12 F							IE	17-21 F		
										JR	F		
										OP	17-21 F		
										LVL 10	11-12 F		
										LVL 10	15-16 M		
E	1:00 - 1:30 PM	LVL 9	11-12 M					LVL 8	11-12 F			LVL 8	15+ F
		LVL 9	13-14 M										
		LVL 9	15+ M										
F	1:30 - 2:00 PM			LVL 8	13-14 F			LVL 8	11-12 F			LVL 8	15+ F
												LVL 8	9-10 F
G	2:00 - 2:30 PM			LVL 8	15+ F			LVL 8	13-14 M			LVL 8	13-14 F
								LVL 8	11-12 M				
H	2:30 - 3:00 PM			LVL 8	11-12 F			LVL 8	13-14 F			LVL 8	13-14 F
				LVL 8	9-10 F								
I	3:00 - 3:30 PM			LVL 8	13-14 M			LVL 8	13-14 F			LVL 8	11-12 F
				LVL 8	11-12 M			LVL 8	9-10 F				
J	3:30 - 4:00 PM	SYNC										LVL 8	9-10 M
		LVL 9	13+ F									LVL 8	11-12 M
		LVL 9	14U F									LVL 8	13-14 M
	4:00 - 4:30 PM	AWARDS SESSION - MULTIPLE FLIGHTS ONLY											
	4:00 - 5:00 PM	DINNER											

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Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 2												
A 5:00 - 5:20 PM	LVL 7	15+ F	LVL 6	11-12 F	LVL 7	9-10 F	LVL 5	13-14 F	LVL 5	15+ F	LVL 5	13-14 F
					LVL 7	13-14 F						
B 5:20 - 5:40 PM	LVL 7	13-14 F	LVL 6	11-12 F	LVL 7	11-12 F	LVL 5	13-14 F	LVL 5	15+ F	LVL 5	13-14 F
	LVL 7	9-10 F			LVL 7	15+ F						
					LVL 7	11-12 M						
C 5:40 - 6:00 PM	LVL 7	13-14 F	LVL 6	13-14 M	LVL 6	8U F	LVL 5	11-12 F	LVL 6	13-14 F	LVL 6	11-12 F
			LVL 6	15+ M	LVL 6	9-10 F						
			LVL 6	11-12 M								
D 6:00 - 6:20 PM	LVL 7	11-12 F	LVL 5	11-12 F	LVL 6	15+ F	LVL 5	11-12 F	LVL 6	13-14 F	LVL 6	11-12 F
E 6:20 - 6:40 PM	LVL 7	11-12 F	LVL 5	11-12 F	LVL 6	15+ F	LVL 5	11-12 F	LVL 5	8U M	LVL 6	11-12 F
									LVL 5	9-10 M		
									LVL 5	11-12 M		
									LVL 5	13-14 M		
F 6:40 - 7:00 PM	LVL 7	9-10 M	LVL 5	11-12 F	LVL 6	13-14 F	LVL 5	11-12 F	LVL 6	8U F	LVL 7	11-12 F
	LVL 7	11-12 M							LVL 6	9-10 F		
	LVL 7	13-14 M							LVL 6	15+ F		
	LVL 7	15+ M										
G 7:00 - 7:20 PM	LVL 5	15+ F	LVL 5	11-12 F	LVL 6	13-14 F	LVL 5	11-12 F	LVL 5	11-12 F	LVL 6	11-12 M
											LVL 6	13-14 M
											LVL 6	15+ M
H 7:20 - 7:40 PM	LVL 6	15+ F	LVL 5	11-12 F	LVL 6	11-12 F	LVL 5	8U M	LVL 5	11-12 F	LVL 7	13-14 F
								LVL 5	9-10 M			
								LVL 5	11-12 M			
								LVL 5	13-14 M			
I 7:40 - 8:00 PM	LVL 6	9-10 F	LVL 5	13-14 F	LVL 6	11-12 F	LVL 5	15+ M	LVL 5	11-12 F	LVL 7	9-10 M
	LVL 6	8U F					LVL 5	15+ F			LVL 7	11-12 M
											LVL 7	13-14 M
											LVL 7	15+ M
J 8:00 - 8:20 PM	LVL 6	13-14 F	LVL 5	13-14 F	LVL 6	9-10 M			LVL 5	11-12 F	LVL 7	15+ F
					LVL 6	11-12 M					LVL 7	9-10 F
					LVL 6	13-14 M						
					LVL 6	15+ M						
K 8:20 - 8:40 PM	LVL 6	13-14 F	LVL 5	8U M					LVL 5	11-12 F		
			LVL 5	9-10 M								
			LVL 5	11-12 M								
			LVL 5	13-14 M								
8:40 - 9:00 PM	AWARDS SESSION - MULTIPLE FLIGHTS ONLY											

SUNDAY- APRIL 16, 2023

Time LVL TR-A LVL TR-B LVL TU-A LVL TU-B LVL DM-A LVL DM-B

SESSION 3

SUNDAY-APRIL 16, 2023

Time LVL TR-A LVL TR-B LVL TU-A LVL TU-B LVL DM-A LVL DM-B

A	8:00 - 8:30 AM	LVL 5	9-10 F	LVL 5	8U F	LVL 4	9-10 F	LVL 4	13-14 F	LVL 2	9-10 F	LVL 4	11-12 F
B	8:30 - 9:00 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 4	6U F	LVL 4	13-14 F	LVL 4	11-12 F
								LVL 4	7-8 F	LVL 3	13-14 F		
C	9:00 - 9:20 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 4	7-8 F	LVL 4	6U M	LVL 4	11-12 F
										LVL 4	9-10 M		
										LVL 4	13-14 M		
										LVL 3	11-12 M		
										LVL 2	7-8 M		
										LVL 2	6U M		
										LVL 1	6U M		
D	9:20 - 9:40 AM	LVL 5	9-10 F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 5	8U F	LVL 4	7-8 F	LVL 4	11-12 F
E	9:40 - 10:00 AM	LVL 4	7-8 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 5	8U F	LVL 4	7-8 F	LVL 4	9-10 F
F	10:00 - 10:20 AM	LVL 4	7-8 F	LVL 3	11-12 F	LVL 5	9-10 F	LVL 4	15+ F	LVL 4	7-8 F	LVL 4	9-10 F
				LVL 3	13-14 F			LVL 4	13-14 M				
								LVL 4	11-12 M				
G	10:20 - 10:40 AM	LVL 4	7-8 F	LVL 4	6U M	LVL 5	9-10 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
				LVL 4	9-10 M								
				LVL 3	11-12 M								
				LVL 3	13-14 M								
				LVL 2	6U M								
				LVL 2	7-8 M								
				LVL 1	6U M								
H	10:40 - 11:00 AM	LVL 4	9-10 F	LVL 4	6U F	LVL 3	7-8 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
				LVL 4	15+ F								
				LVL 4	13-14 F								
				LVL 3	6U F								
I	11:00 - 11:20 AM	LVL 4	9-10 F	LVL 3	9-10 F	LVL 3	7-8 F	LVL 4	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F
J	11:20 - 11:40 AM	LVL 4	9-10 F	LVL 3	9-10 F	LVL 3	7-8 F	LVL 2	6U F	LVL 5	9-10 F	LVL 5	8U F
K	11:40 - 12:00 PM	LVL 4	9-10 F	LVL 1	7-8 F	LVL 3	6U M	LVL 3	6U F	LVL 5	9-10 F	LVL 5	8U F
						LVL 3	7-8 M	LVL 3	13-14 F				
						LVL 3	9-10 M	LVL 3	15+ F				
						LVL 3	11-12 M						
						LVL 3	13-14 M						
						LVL 3	15+ M						
	12:00 - 12:30 PM	AWARDS SESSION - MULTIPLE FLIGHTS ONLY											
	12:00 - 1:00 PM	LUNCH											

SATURDAY- APRIL 15, 2023

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 4												
A 1:00-1:20 PM	LVL 3	7-8 F	LVL 2	9-10 F	LVL 3	9-10 F	LVL 3	11-12 F	LVL2	7-8 F		
B 1:20-1:40 PM	LVL 3	7-8 F	LVL 2	9-10 F	LVL 3	9-10 F	LVL 3	11-12 F	LVL2	7-8 F		
C 1:40-2:00 PM	LVL 2	7-8 F	LVL 2	6U F	LVL 3	9-10 F	LVL 3	11-12 F	LVL 1	7-8 F		
			LVL 2	13-14 F					LVL 1	6U F		
D 2:00-2:20 PM	LVL 2	7-8 F	LVL 2	6U F	LVL 3	9-10 F	LVL 3	11-12 F	LVL 3	7-8 F		
			LVL 2	11-12 F								
E 2:20-2:40 PM	LVL 1	6U F			LVL 3	9-10 F	LVL 2	9-10 F	LVL 3	7-8 F		
F 2:40-3:00 PM	LVL 1	6U F			LVL 2	7-8 F	LVL 2	9-10 F	LVL 2	6U F		
							LVL 2	15+ F				
G 3:00-3:20 PM					LVL 2	7-8 F	LVL 2	11-12 M	LVL 3	9-10 F		
							LVL 2	13-14 M				
							LVL 2	13-14 F				
H 3:20-3:40 PM					LVL 1	6U F	LVL 2	11-12 F	LVL 3	9-10 F		
I 3:40 - 4:00 PM					LVL 1	6U F	LVL 1	7-8 F	LVL 3	11-12 F		
4:00 - 4:20 PM	AWARDS SESSION - MULTIPLE FLIGHTS ONLY											

WARM UP PROCEDURES

ELITE LEVELS

YE - JE - IE - SE

Trampoline	2 Touches
Tumbling	3 Touches
Double Mini	3 Touches

JO LEVELS

	Level 1 - 7	Level 8 - Open
Trampoline	2 Touches	2 Touches
Tumbling	2 Touches	3 Touches
Double Mini	2 Touches	3 Touches

SYNCHRONIZED TRAMPOLINE

Level 9

Trampoline	One touch
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