



THURSDAY- JANUARY 16, 2020											
2:00-4:00 PM		Level 8 - Elite Open Training - TX & OK									
4:00-6:00 PM		Level 8 - Elite Open Training - All other states									
6:00-6:55 PM		SYNCHRONIZED TRAMPOLINE SESSION WARM UP									
		SESSION 1									
A	7:00-7:30 PM	OE	F	8	15+ F						
		JR	M								
		YE	13-14 M								
		YE	13-14 W								
B	7:30-8:00 PM	10	15+ F	8	15+ F						
		10	14U F								
		9	13+ F								
		9	13+ M								
C	8:00-8:30 PM	8	15+ M	8	11-12 F						
D	8:30-9:00 PM	8	13-14 M	8	11-12 F						
9:00 PM		SESSION 1 AWARDS CEREMONY									

FRIDAY- JANUARY 17, 2020

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
7:00-8:00 AM	LEVEL 10 OPEN WARM UP											
	SESSION 2											
A 8:00-8:30 AM	10	15+ F	8	13-14 F	7	13-14 F	9	13-14 F	7	15+ F	9	11-12 M
											9	11-12 F
B 8:30-9:00 AM	10	15+ F	8	13-14 F	7	13-14 F	9	15+ M	7	15+ F	9	13-14 F
							9	13-14 M				
							9	11-12 M				
C 9:00-9:30 AM	10	15+ M	8	13-14 F	7	13-14 F	9	15+ F	6	15+ F	9	13-14 F
							9	11-12 F				
D 9:30-10:00 AM	10	15+ M	8	10U F	7	13-14 F	7	15+ F	7	13-14 M	9	15+ F
			8	11-12 M								
E 10:00-10:30 AM	10	13-14 F	6	15+ F	7	9-10 F	7	15+ F	6	15+ M	9	15+ F
					7	11-12 M			6	13-14 M		
F 10:30-11:00 AM	10	13-14 F	6	15+ M	7	15+ M	7	11-12 F	6	11-12 M	9	13-14 M
			6	13-14 M					6	9-10 M		
									6	8U M		
G 11:00-11:30 AM	10	11-12 F	6	11-12 M	7	13-14 M	7	11-12 F	7	9-10 F	9	15+ M
	10	11-12 M	6	9-10 M								
	10	13-14 M										
	LUNCH											
	SESSION 2 AWARDS CEREMONY											
11:30-12:30 PM	ELITE TRAMPOLINE SESSION WARM UP											
	SESSION 3											
A 12:30-1:00 PM	OE	M	7	15+ F	8	13-14 F	8	15+ F	7	11-12 F	7	15+ M
	JR	M										
B 1:00-1:30 PM	JR	F	7	15+ F	8	13-14 F	8	15+ F	7	11-12 F	7	13-14 F
C 1:30-2:00 PM	YE	13-14 F	6	9-10 F	8	15+ M	6	15+ F	7	11-12 F	7	13-14 F
	YE	13-14 M			8	13-14 M						
					8	11-12 M						
D 2:00-2:30 PM	OE	F	6	9-10 F	8	11-12 F	6	15+ F	7	11-12 M	7	13-14 F
	YE	11-12 F			8	10U F						
E 2:30-3:00 PM	SR	F	6	9-10 F	6	9-10 M	6	13-14 M	5	13-14 M	7	13-14 F
	SR	M			6	8U M	6	15+ M	5	11-12 M		
					6	8U F						
3:00 PM	SESSION 3 AWARDS CEREMONY											

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

3:00-4:00 PM ELITE TUMBLING & DOUBLE MINI SESSION WARM UP

SESSION 4

A	4:00-4:30 PM	7	13-14 M	9	15+ M	SE	M	6	13-14 F			8	15+ F
						SE	F						
						JR	F						
						OE	F						
						YE	11-12 F						
B	4:30-5:00 PM	7	15+ M	9	13-14 F	10	15+ F	6	13-14 F			8	15+ F
						10	13-14 F						
C	5:00-5:30 PM	7	13-14 F	9	13-14 F	10	11-12 F	6	13-14 F			8	15+ F
						10	15+ M						
D	5:30-6:00 PM	7	13-14 F	9	13-14 M	6	9-10 F	6	11-12 F	SR	M	8	15+ M
										OE	M		
E	6:00-6:30 PM	7	13-14 F	9	15+ F	6	9-10 F	6	11-12 F	SR	F	8	13-14 M
										JR	F	8	11-12 M
										OE	F		
F	6:30-7:00 PM	7	13-14 F	9	15+ F	6	9-10 F	6	11-12 F	JR	M	8	13-14 F
										YE	13-14 M		
										YE	13-14 F		
										YE	11-12 F		
G	7:00-7:30 PM	7	11-12 M	9	11-12 M	5	9-10 F	6	11-12 F	10	15+ F	8	13-14 F
		7	9-10 F										
H	7:30-8:00 PM	7	11-12 F	9	11-12 F	5	9-10 F	5	15+ F	10	15+ F	8	13-14 F
I	8:00-8:30 PM	7	11-12 F	5	15+ F	5	9-10 F	5	15+ M	10	15+ M	8	10U F
				5	8U F			5	13-14 M	10	13-14 M	8	11-12 F
								5	11-12 M	10	11-12 M		
J	8:30-9:00 PM	7	11-12 F	6	8U M					10	13-14 F	8	11-12 F
				6	8U F					10	11-12 F		
	9:00 PM	SESSION 4 AWARDS CEREMONY											

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Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 5												
8:00-9:00 AM	ELITE FINALIST SESSION WARMUP											
A 9:00-9:30 AM	OE	M	6	11-12 F	SE	M	5	9-10 M	YE	13-14 M	6	13-14 F
	JR	M			SE	F			OE	F		
					JR	F			SR	M		
					OE	F						
					YE	11-12 F						
B 9:30-10:00 AM	JR	F	6	11-12 F	4	9-10 M	5	8U F	JR	M	6	13-14 F
					4	13-14 M			SR	F		
									YE	13-14 F		
									YE	11-12 F		
C 10:00-10:20 AM	YE	13-14 F	6	11-12 F	5	11-12 F	5	13-14 F	JR	F	6	13-14 F
	YE	13-14 M							OE	M		
D 10:20-10:40 AM	OE	F	6	11-12 F	5	11-12 F	5	13-14 F	6	9-10 F	6	13-14 F
	YE	11-12 F										
E 10:40-11:00 AM	SR	F	3	7-8 M	5	11-12 F	5	13-14 F	6	9-10 F	5	13-14 F
	SR	M	3	7-8 F								
			3	9-10 M								
F 11:00-11:20 AM	5	13-14 F	1	6U F	5	11-12 F	5	13-14 F	6	9-10 F	5	13-14 F
									6	8U F		
G 11:20-11:40 AM	5	13-14 F	1	6U F	5	11-12 F			4	15+ F	5	13-14 F
			1	6U M					4	13-14 F	5	15+ F
SESSION 5 AWARDS CEREMONY												

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

LEVEL 9 & 10 FINALIST SESSION WARM UP

SESSION 6

A	12:40-1:00 PM	10	15+ M	9	15+ M	10	15+ F	9	13-14 F	10	13-14 F	9	11-12 M
		10	13-14 M							10	11-12 F	9	11-12 F
		10	11-12 M										
B	1:00 - 1:20 PM	10	15+ F	9	13-14 F	10	15+ M	9	15+ M	10	15+ F	9	15+ F
						10	11-12 F	9	13-14 M				
						10	13-14 F						
C	1:20-1:40 PM	10	13-14 F	9	13-14 M	4	9-10 F	9	15+ F	10	15+ M	9	13-14 F
								9	11-12 F	10	13-14 M		
										10	11-12 M		
D	1:40-2:00 PM	10	11-12 F	9	11-12 M	4	9-10 F	4	11-12 F	4	15+ M	9	15+ M
										4	11-12 M		
										4	13-14 M		
E	2:00-2:20 PM	4	11-12 F	9	11-12 F	4	9-10 F	4	11-12 F	5	9-10 M	9	13-14 M
										5	8U F		
F	2:20-2:40 PM	4	11-12 F	9	15+ F	4	8U M	4	11-12 M	1	6U F	3	7-8 M
						4	8U F	4	15+ M			3	7-8 F

SESSION 6 AWARDS CEREMONY

SESSION 7

A	3:20-3:40 PM	5	13-14 M	6	13-14 F	3	11+ F	2	6U M	5	11-12 F	5	9-10 F
		5	11-12 M					2	6U F				
		5	9-10 M					2	7-8 M				
								2	9-10 M				
B	3:40-4:00 PM	4	11-12 M	6	13-14 F	3	11+ F	1	6U F	5	11-12 F	5	9-10 F
		4	13-14 M										
C	4:00-4:20 PM	4	9-10 M	6	13-14 F	3	9-10 F	1	6U F	5	11-12 F	5	9-10 F
		4	8U M					1	6U M				
D	4:20-4:40 PM	2	7-8 F	6	13-14 F	3	9-10 F	4	13-14 F	5	11-12 F	5	9-10 F
								4	15+ F				
E	4:40-5:00 PM	5	9-10 F	4	9-10 F	2	7-8 F	4	13-14 F	5	11-12 F	6	11-12 F
F	5:00-5:20 PM	5	9-10 F	4	9-10 F	3	7-8 F	2	11+ F	4	9-10 M	6	11-12 F
										4	8U M		
G	5:20-5:40 PM	5	9-10 F	4	9-10 F	3	9-10 M	2	11+ F	4	8U F	6	11-12 F
						3	7-8 M	2	11+ M				
						2	9-10 F	3	11+ M				
H	5:40-6:00 PM	5	9-10 F	4	9-10 F	2	9-10 F			4	8U F	6	11-12 F

SESSION 7 AWARDS CEREMONY

6:00 PM

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Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 8												
A 6:40-7:00 PM	3	9-10 F	4	13-14 F					4	9-10 F	2	9-10 F
											2	6U M
B 7:00-7:20 PM	5	11-12 F	4	8U F					4	9-10 F	2	7-8 F
			4	15+ M								
			4	15+ F								
C 7:20-7:40 PM	5	11-12 F	4	8U F					4	9-10 F	3	11+ F
											3	6U F
D 7:40-8:00 PM	5	11-12 F	2	11+ F					4	9-10 F	4	11-12 F
			2	6U F								
			2	7-8 M								
			2	9-10 F								
E 8:00-8:20 PM	5	11-12 F	3	11+ F					3	9-10 F	4	11-12 F
8:20 PM	SESSION 8 AWARDS CEREMONY											
WARM UP PROCEDURES												
PRELIMS/FINALS												
ELITE LEVELS												
One hour general warm up + touches												
YE - JE - OE - SE												
Trampoline						2 Touch						
Tumbling						2 Passes						
Double Mini						2 Passes						
PRELIMS												
JO LEVELS												
	Level 1 - 7				Level 8 - 9				Level 10			
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			
PRELIMS												
SYNCHRONIZED TRAMPOLINE												
One hour general warm up + touches												
ELITE						Two touches						
Level 9 & 10						One touch						