



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											
11:30 AM		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											

FRIDAY- JANUARY 17, 2020

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											

SATURDAY- JANUARY 18, 2020

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
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SESSION 5

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	7-8 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

SATURDAY- JANUARY 18, 2020

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
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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	8U M	9	15+ F	10	15+ M	9	13-14 F
						4	8U 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	9-10 F	4	11-12 F	1	6U F	3	7-8 M
										1	7-8 F	3	7-8 F
	2:40 PM												

SESSION 6 AWARDS CEREMONY

SATURDAY- JANUARY 18, 2020

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

SATURDAY- JANUARY 18, 2020

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	3 Passes
Double Mini	3 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