



THURSDAY- JANUARY 19, 2023

1:30 - 3:30 PM	Training Session #1
3:45 - 5:45 PM	Training Session #2
6:00 - 8:00 PM	Training Session #3
8:15 - 9:15 PM	Synchronized Trampoline Training

FRIDAY- JANUARY 20, 2023

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 1												
A 9:00 - 9:30 AM	LVL 8	15+ F	LVL 9	13-14 F	LVL 8	11-12 F			LVL 8	13-14 F	LVL 8	11-12 M
											LVL 8	13-14 M
B 9:30 - 10:00 AM	LVL 8	15+ F	LVL 9	13-14 F	LVL 8	11-12 F			LVL 8	13-14 F	LVL 8	13-14 M
											LVL 8	9-10 M
C 10:00 - 10:30 AM	LVL 8	15+ F	LVL 9	13-14 F	LVL 8	11-12 F			LVL 8	13-14 F	LVL 8	15+ M
D 10:30 - 11:00 AM	LVL 8	15+ F	LVL 9	11-12 F	LVL 8	11-12 M			LVL 8	13-14 F	LVL 9	13-14 F
					LVL 8	9-10 M						
E 11:00 - 11:30 AM	LVL 8	15+ F	LVL 9	13-14 M	LVL 8	15+ M			LVL 8	11-12 F	LVL 9	13-14 F
F 11:30 - 12:00 PM	LVL 8	9-10 F	LVL 9	15+ M	LVL 8	13-14 M			LVL 8	11-12 F	LVL 9	15+ F
G 12:00-12:30 PM			LVL 8	15+ M	LVL 8	9-10 F			LVL 8	11-12 F	LVL 9	15+ F
12:30 PM	AWARDS CEREMONY (LEVEL 8 ONLY)											
	LUNCH											
SESSION 2												
A 1:00-1:30 PM	LVL 8	11-12 F	LVL 8	13-14 M	LVL 8	13-14 F			LVL 8	15+ F	LVL 9	11-12 F
B 1:30-2:00 PM	LVL 8	11-12 F	LVL 8	13-14 M	LVL 8	13-14 F			LVL 8	15+ F	LVL 9	15+ M
											LVL 9	9-10 M
C 2:00-2:30 PM	LVL 8	11-12 F	LVL 9	11-12 M	LVL 8	13-14 F			LVL 8	15+ F	LVL 9	13-14 M
			LVL 8	9-10 M								
D 2:30-3:00 PM	LVL 8	13-14 F	LVL 9	15+ F	LVL 8	13-14 F			LVL 8	15+ F	LVL 9	11-12 M
E 3:00-3:30 PM	LVL 8	13-14 F	LVL 9	15+ F	LVL 8	15+ F	LVL 9	11-12 M	LVL 8	15+ F		
							LVL 9	15+ M				
F 3:30-4:00 PM	LVL 8	13-14 F	LVL 9	15+ F	LVL 8	15+ F	LVL 9	15+ F	LVL 8	9-10 F		
							LVL 9	11-12 F				
G 4:00-4:30 PM	LVL 8	13-14 F	LVL 8	11-12 M	LVL 8	15+ F	LVL 9	13-14 F				
4:30 PM	AWARDS CEREMONY (LEVEL 8 ONLY)											

FRIDAY- JANUARY 20, 2023

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

SESSION 3

4:30-5:30 PM LEVEL 10 , OPEN, & ELITE SESSION WARM UP

A	5:30-6:00 PM	SR	F	OP	17-21 F	JR	15-16 F			IE	17-21 F	LVL 10	15-16 F
		SR	M			JR	15-16 M			IE	17-21 M		
B	6:00-6:30 PM	IE	17-21 F	OP	17-21 F	LVL 10	15-16 M			JR	15-16 F	LVL 10	15-16 F
		IE	17-21 M			IE	17-21 M			JR	15-16 M		
						SR	M			YE	13-14 M		
C	6:30-7:00 PM	JR	F	LVL 10	15-16 F	OP	17-21 M			SR	F	OP	17-21 F
		JR	M			OP	22+ M			SR	M		
		YE	11-12 F										
		YE	11-12 M										
		YE	13-14 F										
D	7:00-7:30 PM	LVL 10	13-14 M	LVL 10	11-12 F	OP	17-21 F			LVL 10	15-16 M	OP	17-21 F
		LVL 10	11-12 M	LVL 10	10U M	LVL 10	15-16 F						
E	7:30-8:00 PM	OP	17-21 M	LVL 10	13-14 F					LVL 10	10U M	LVL 10	11-12 F
		LVL 10	15-16 M							LVL 10	11-12 M		
F	8:00-8:30 PM	SR	M							LVL 10	13-14 M	LVL 10	13-14 F
		IE	F							OP	17-21 M		
		YE	11-12 F										
		LVL 8	13U F										
		LVL 8	14+ F										
G	8:30-9:00 PM			OP	17-21 F								
				LVL 10	15+ F								
				LVL 10	14U F								
				LVL 9	13+ F								
			LVL 9	12U F									
9:00 PM		AWARDS CEREMONY (SYNC ONLY)											

SATURDAY- JANUARY 21, 2023

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 4												
ELITE FINALIST SESSION WARMUP												
7:45 - 8:45 AM												
A 9:00 - 9:30 AM	JR	M	LVL 7	11-12 F	IE	M	LVL 7	13-14 F	IE	F	LVL 7	15+ F
	JR	F			SR	M			IE	M		
	YE	11-12 F										
	YE	11-12 M										
	YE	13-14 F										
	YE	13-14 M										
B 9:30 - 10:00 AM	IE	M	LVL 7	11-12 F	JR	F	LVL 7	13-14 F	SR	M	LVL 7	11-12 M
	IE	F			JR	M			SR	F	LVL 7	15+ M
C 10:00 - 10:30 AM	SR	M	LVL 7	11-12 F	LVL 7	11-12 M	LVL 7	13-14 F	JR	F	LVL 7	11-12 F
	SR	F			LVL 7	13-14 M			JR	M		
					LVL 7	15+ M			YE	11-12 F		
									YE	13-14M		
D 10:30 - 11:00 AM	LVL 7	13-14 M	LVL 7	11-12 M	LVL 7	11-12 F	LVL 7	9-10 F	LVL 7	13-14 F	LVL 7	11-12 F
E 11:00 - 11:30 AM	LVL 7	9-10 F	LVL 7	13-14 F	LVL 7	11-12 F	LVL 7	15+ F	LVL 7	13-14 F	LVL 7	13-14 M
									LVL 7	9-10 M		
F 11:30 - 12:00 PM	LVL 7	15+ M	LVL 7	13-14 F	LVL 7	11-12 F	LVL 7	15+ F	LVL 7	9-10 F		
	LVL 7	9-10 M										
12:00 PM	AWARDS CEREMONY											

SATURDAY- JANUARY 21, 2023

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

SESSION 5

12:00 - 1:00 PM LUNCH

12:00 - 1:00 PM LEVEL 10 & OPEN FINALIST SESSION WARM UP

A	1:00-1:20 PM	LVL 7	15+ F	LVL 10	13-14 F	LVL 10	15-16 F	LVL 6	9-10 F	LVL 6	11-12 M	OP	17-21 F
						LVL 10	15-16 M			LVL 6	13-14 M		
B	1:20-1:40 PM	LVL 6	11-12 F	LVL 10	10U M	OP	17-21 F	LVL 6	9-10 F	LVL 6	15+ F	LVL 10	15-16 F
				LVL 10	11-12 F					LVL 6	15+ M		
C	1:40-2:00 PM	LVL 6	11-12 F	LVL 10	15-16 F	OP	17-21 M	LVL 6	13-14 F	LVL 6	9-10 M	LVL 10	13-14 F
						OP	22+ M					LVL 10	11-12 F
D	2:00-2:20 PM	LVL 6	11-12 F	OP	17-21 F	LVL 6	11-12 F	LVL 6	13-14 F	OP	17-21 M	LVL 6	11-12 F
										LVL 10	13-14 M		
E	2:20-2:40 PM	LVL 10	13-14 M	LVL 6	13-14 F	LVL 6	11-12 F	LVL 6	13-14 F	LVL 10	15-16 M	LVL 6	11-12 F
		LVL 10	11-12 M										
F	2:40-3:00 PM	LVL 10	15-16 M	LVL 6	13-14 F	LVL 6	11-12 F	LVL 6	13-14 M	LVL 10	11-12 M	LVL 6	11-12 F
		OP	17-21 M					LVL 6	15+ M	LVL 10	10U M		
G	3:00-3:20 PM	LVL 6	9-10 M	LVL 6	9-10 F	LVL 5	11-12 M	LVL 6	11-12 M	LVL 6	13-14 F	LVL 5	13-14 M
		LVL 6	8U F			LVL 5	15+ M						
		LVL 6	8U M										
H	3:20-3:40 PM	LVL 6	15+ F	LVL 6	9-10 F	LVL 5	13-14 M	LVL 6	8U F	LVL 6	13-14 F	LVL 6	9-10 F
								LVL 6	8U M				
								LVL 6	9-10 M				
I	3:40-4:00 PM	LVL 5	11-12 M	LVL 6	11-12 M	LVL 6	15+ F	LVL 5	9-10 M	LVL 6	13-14 F	LVL 6	9-10 F
				LVL 6	15+ M			LVL 5	8U M				
J	4:00-4:30 PM	LVL 5	13-14 M	LVL 6	13-14 M	LVL 6	15+ F			LVL 5	11-12 M	LVL 5	9-10 M
												LVL 5	15+ M
												LVL 5	8U M

4:30 PM AWARDS CEREMONY

4:30-5:30 PM DINNER

4:30 - 5:30 PM LEVEL 9 FINALIST SESSION WARM UP

SESSION 6

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

8:00 PM AWARDS CEREMONY

SUNDAY- JANUARY 22, 2023

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 7												
A 9:00 - 9:30 AM	LVL 5	9-10 F	LVL 5	13-14 F	LVL 4	15+ F	LVL 4	11-12 F	LVL 4	9-10 F	LVL 4	11-12 M
					LVL 4	7-8 F						
B 9:30 - 10:00 AM	LVL 5	9-10 F	LVL 5	13-14 F	LVL 4	11-12 M	LVL 4	11-12 F	LVL 4	9-10 F	LVL 4	9-10 M
					LVL 4	13-14 M						
C 10:00 - 10:20 AM	LVL 5	9-10 F	LVL 5	13-14 F	LVL 4	7-8 M	LVL 4	11-12 F	LVL 4	9-10 F	LVL 5	9-10 F
					LVL 4	9-10 M						
D 10:20 - 10:40 AM	LVL 5	9-10 F	LVL 5	8U M	LVL 3	7-8 F	LVL 4	13-14 F	LVL 4	9-10 F	LVL 5	9-10 F
E 10:40 - 11:00 AM	LVL 4	11-12 F	LVL 4	7-8 F	LVL 3	7-8 F	LVL 4	9-10 F	LVL 4	9-10 F	LVL 5	9-10 F
F 11:00 - 11:20 AM	LVL 4	11-12 F	LVL 4	7-8 F	LVL 3	11-12 F	LVL 4	9-10 F	LVL 4	9-10 F	LVL 4	7-8 F
G 11:20 - 11:40 AM	LVL 4	11-12 F	LVL 4	13-14 F	LVL 3	11-12 F	LVL 4	9-10 F	LVL 4	7-8 M	LVL 4	7-8 F
			LVL 4	15+ F					LVL 4	13-14 M		
H 11:40 - 12:00 PM	LVL 4	11-12 F	LVL 4	7-8 M	LVL 3	11-12 F	LVL 4	9-10 F	LVL 4	13-14 F	LVL 4	7-8 F
			LVL 4	11-12 M					LVL 4	15+ F		
			LVL 4	13-14 M								
12:00 PM	AWARDS CEREMONY (LEVEL 5 ONLY)											
12:00-1:00 PM	LUNCH											

SUNDAY- JANUARY 22, 2023

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

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 general warm up + touches

ELITE	Two touches
Level 8-10	One touch