



THURSDAY- JANUARY 23, 2025

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

WARM UP PROCEDURES

PRELIMS/FINALS

ELITE LEVELS

One hour session warm up + touches

YE - JE - IE - SE

| | |
|-------------|---|
| Trampoline | 2 |
| Tumbling | 3 |
| Double Mini | 3 |

DEVELOPMENTAL LEVELS

PRELIMS

Level 10 Thru Open = 55 Minute Session Warm up + Touches

Level 8 & 9 = touches

| | |
|-------------|---|
| Trampoline | 2 |
| Tumbling | 3 |
| Double Mini | 3 |

DEVELOPMENTAL LEVELS

Level 1 thru 7= touches

| | |
|-------------|---|
| Trampoline | 2 |
| Tumbling | 2 |
| Double Mini | 2 |

DEVELOPMENTAL LEVELS

FINALS

Level 10 Thru Open = 55 Minute Session Warm Up + Touches

| | |
|-------------|---|
| Trampoline | 2 |
| Tumbling | 3 |
| Double Mini | 3 |

Level 9 = 55 Minute Session Warm Up + Touches

| | |
|-------------|---|
| Trampoline | 1 |
| Tumbling | 2 |
| Double Mini | 2 |

SYNCHRONIZED TRAMPOLINE

30 General Warm Up + 30 Minute Session Warm Up + Touches- NO FINALS

| | |
|----------------------|---|
| Elite Levels | 2 |
| Developmental Levels | 1 |

FRIDAY- JANUARY 24, 2025

| Time | LVL | TR-A | LVL | TR-B | LVL | TU-A | LVL | TU-B | LVL | DM-A | LVL | DM-B |
|--------------------|--------------------------------------|-----------------|-------|-------------------|-------|---------|-----|------|-------|---------|-------|------------------|
| SESSION 1 | | | | | | | | | | | | |
| A 8:45 - 9:30 AM | LVL 8 | 15+ F | LVL 9 | 13-14 F | | | | | LVL 8 | 13-14 F | LVL 8 | 13-14 M |
| B 9:30 - 10:00 AM | LVL 8 | 15+ F | LVL 9 | 13-14 F | | | | | LVL 8 | 13-14 F | LVL 8 | 9-10 M 9-10 F |
| C 10:00 - 10:30 AM | LVL 8 | 15+ F | LVL 9 | 15+ M 9-10 F | | | | | LVL 8 | 13-14 F | LVL 8 | 11-12 F |
| D 10:30 - 11:00 AM | LVL 8 | 15+ F | LVL 9 | 11-12 F | | | | | LVL 8 | 13-14 F | LVL 8 | 11-12 F |
| E 11:00 - 11:30 AM | LVL 8 | 9-10 M 15+ M | LVL 9 | 13-14 M | | | | | LVL 8 | 11-12 M | LVL 8 | 11-12 F |
| F 11:30 - 12:00 PM | LVL 8 | 15+ M | LVL 9 | 9-10 M 11-12 M | | | | | LVL 8 | 15+ M | LVL 8 | 11-12 F |
| G 12:00-12:30 PM | LVL 8 | 9-10 F | | | LVL 8 | 13-14 M | | | LVL 8 | 15+ M | LVL 9 | 11-12 F |
| | | | | | LVL 9 | 13-14 M | | | | | | |
| | | | | | LVL 9 | 15+ M | | | | | | |
| 12:30-1:00 PM | AWARDS SESSION - LEVEL 8 ONLY | | | | | | | | | | | |
| | LUNCH | | | | | | | | | | | |

| SESSION 2 | | | | | | | | | | | | |
|------------------|--------------------------------------|---------|-------|---------|-------|---------|-------|-------------------|-------|-------|-------|-----------------------------|
| A 1:00-1:30 PM | LVL 8 | 11-12 F | LVL 9 | 15+ F | LVL 8 | 15+ F | LVL 8 | 13-14 F | LVL 8 | 15+ F | LVL 9 | 13-14 M |
| B 1:30-2:00 PM | LVL 8 | 11-12 F | LVL 9 | 15+ F | LVL 8 | 15+ F | LVL 8 | 13-14 F | LVL 8 | 15+ F | LVL 9 | 15+ M |
| C 2:00-2:30 PM | LVL 8 | 11-12 F | LVL 8 | 13-14 F | LVL 8 | 15+ F | LVL 8 | 13-14 F | LVL 8 | 15+ F | LVL 9 | 13-14 F |
| D 2:30-3:00 PM | LVL 8 | 11-12 F | LVL 8 | 13-14 F | LVL 8 | 15+ F | LVL 8 | 11-12 M 9-10 M | LVL 8 | 15+ F | LVL 9 | 13-14 F |
| E 3:00-3:30 PM | LVL 8 | 13-14 M | LVL 8 | 13-14 F | LVL 9 | 11-12 F | LVL 8 | 11-12 F | LVL 8 | 15+ F | LVL 9 | 15+ F |
| | | | | | LVL 9 | 13-14 F | | | | | | |
| | | | | | LVL 9 | 15+ F | | | | | | |
| F 3:30-4:00 PM | LVL 8 | 11-12 M | LVL 8 | 13-14 F | LVL 8 | 15+ M | LVL 8 | 11-12 F 9-10 F | | | LVL 9 | 15+ F |
| G 4:00-4:30 PM | | | LVL 8 | 13-14 F | LVL 8 | 15+ M | LVL 8 | 11-12 F | | | LVL 9 | 9-10 M 11-12 M 9-10 F |
| 4:30 - 5:00 PM | AWARDS SESSION - LEVEL 8 ONLY | | | | | | | | | | | |

| SESSION 3 | | | | | | | | | | | | |
|--|------------------------------------|---------|----------------------|---------|--------|---------|--|--|--------|---------|--|--|
| LEVEL 10, OPEN, & ELITE SESSION WARM UP | | | | | | | | | | | | |
| A 5:30-6:00 PM | SR | 17+ F | OP | 17-21 F | OP | 22+ M | | | LVL 10 | 13-14 F | | |
| | IE | 17-21 F | | | OP | 17-21 M | | | LVL 10 | 15-16 F | | |
| | IE | 17-21 M | | | LVL 10 | 15-16 M | | | | | | |
| | | | | | LVL 10 | 13-14 M | | | | | | |
| | | | | | LVL 10 | 15-16 F | | | | | | |
| B 6:00-6:30 PM | LVL 10 | 13-14 M | OP | 17-21 F | OP | 17-21 F | | | JR | 15-16 M | | |
| | LVL 10 | 11-12 F | | | IE | 17-21 F | | | YE | 13-14 M | | |
| | | 22+ M | | | IE | 17-21 M | | | YE | 13-14 F | | |
| | | | | | SR | 17+ F | | | | | | |
| C 6:30-7:00 PM | JR | 15-16 F | LVL 10 | 15-16 F | LVL 10 | 13-14 F | | | IE | 17-21 F | | |
| | JR | 15-16 M | | | | | | | IE | 17-21 M | | |
| | | | | | | | | | SR | 17-21 F | | |
| | | | | | | | | | SR | 17-21 M | | |
| D 7:00-7:30 PM | YE | 11-12 F | LVL 10 | 13-14 F | | | | | OP | 17-21 M | | |
| | YE | 13-14 F | | | | | | | | | | |
| | YE | 13-14 M | | | | | | | | | | |
| E 7:30-8:00 PM | OP | 17-21 M | | | | | | | OP | 17-21 F | | |
| | LVL 10 | 15-16 M | | | | | | | | | | |
| | | | SYNC TRAINING | | | | | | | | | |
| F 8:00-8:30 PM | | | YE | 13-14 M | | | | | LVL 10 | 13-14 M | | |
| | | | OP | 17-21 F | | | | | LVL 10 | 15-16 M | | |
| | | | LVL 10 | 15-16 F | | | | | | | | |
| | | | LVL 9 | 15+ F | | | | | | | | |
| | | | LVL 8 | 15+ F | | | | | | | | |
| | | | LVL 8 | 13-14 F | | | | | | | | |
| | | | LVL 8 | 11-12 F | | | | | | | | |
| 8:30 PM | AWARDS CEREMONY (SYNC ONLY) | | | | | | | | | | | |

SATURDAY- JANUARY 25, 2025

| Time | LVL | TR-A | LVL | TR-B | LVL | TU-A | LVL | TU-B | LVL | DM-A | LVL | DM-B |
|---|------------------------|---------|--------|---------|--------|---------|-------|---------|--------|---------|-------|---------|
| SESSION 4 | | | | | | | | | | | | |
| LEVEL 10 - OPEN FINALIST SESSION WARMUP | | | | | | | | | | | | |
| A 7:50 - 8:45 AM | | | | | | | | | | | | |
| 9:00 - 9:30 AM | OP | 17-21 M | LVL 7 | 9-10 F | LVL 10 | 13-14 F | LVL 7 | 13-14 F | OP | 17-21 F | LVL 7 | 15+ F |
| | LVL 10 | 15-16 M | LVL 6 | 8U M | | | | | | | | |
| B 9:30 - 10:00 AM | LVL 10 | 13-14 M | LVL 7 | 9-10 F | OP | 17-21 F | LVL 7 | 13-14 F | LVL 10 | 13-14 F | LVL 7 | 15+ F |
| | LVL 10 | 11-12 F | LVL 6 | 8U F | OP | 22+ M | | | LVL 10 | 15-16 F | | |
| | OP | 22+ M | | | OP | 17-21 M | | | | | | |
| | | | | | LVL 10 | 15-16 M | | | | | | |
| | | | | | LVL 10 | 13-14 M | | | | | | |
| | | | | | LVL 10 | 15-16 F | | | | | | |
| C 10:00 - 10:30 AM | LVL 7 | 11-12 F | OP | 17-21 F | | | LVL 7 | 13-14 F | OP | 17-21 M | LVL 7 | 11-12 F |
| D 10:30 - 11:00 AM | LVL 7 | 11-12 F | LVL 10 | 15-16 F | LVL 6 | 11-12 M | LVL 7 | 15+ M | LVL 10 | 13-14 M | LVL 7 | 11-12 F |
| | | | | | | | LVL 7 | 11-12 M | LVL 10 | 15-16 M | | |
| | | | | | | | LVL 7 | 13-14 M | | | | |
| E 11:00 - 11:30 AM | LVL 7 | 11-12 F | LVL 10 | 13-14 F | LVL 7 | 9-10 F | LVL 7 | 15+ F | LVL 6 | 11-12 M | LVL 7 | 13-14 M |
| | | | | | | | | | | LVL 7 | 15+ M | |
| F 11:30 - 12:00 PM | LVL 7 | 11-12 F | LVL 7 | 13-14 M | LVL 6 | 8U M | LVL 6 | 8U F | LVL 7 | 9-10 F | LVL 7 | 11-12 M |
| | | | | | LVL 6 | 13-14 M | | | | | | |
| | | | | | LVL 6 | 15+ M | | | | | | |
| 12:00 PM | AWARDS CEREMONY | | | | | | | | | | | |
| 12:00 - 1:00 PM | LUNCH | | | | | | | | | | | |

SATURDAY- JANUARY 25, 2025

| Time | LVL | TR-A | LVL | TR-B | LVL | TU-A | LVL | TU-B | LVL | DM-A | LVL | DM-B |
|--------------------------------|----------------------------------|---------|-------|---------|-------|---------|-------|---------|-------|---------|-------|---------|
| SESSION 5 | | | | | | | | | | | | |
| ELITE FINALIST SESSION WARM UP | | | | | | | | | | | | |
| A 1:00 - 1:30 PM | JR | 15-16 F | LVL 7 | 11-12 M | IE | 17-21 F | LVL 7 | 11-12 F | LVL 7 | 13-14 F | LVL 6 | 11 F |
| | JR | 15-16 M | | | IE | 17-21 M | | | | | | |
| | | | | | SR | 17+ F | | | | | | |
| B 1:30 - 2:00 PM | SR | 17+ F | LVL 7 | 15+ F | LVL 6 | 15+ F | LVL 7 | 11-12 F | LVL 7 | 13-14 F | LVL 6 | 11 F |
| | IE | 17-21 F | | | | | | | | | | |
| | IE | 17-21 M | | | | | | | | | | |
| C 2:00 - 2:20 PM | YE | 11-12 F | LVL 7 | 15+ F | LVL 6 | 11-12 F | LVL 7 | 11-12 F | LVL 6 | 8U F | LVL 6 | 11 F |
| | YE | 13-14 M | | | | | | | LVL 5 | 8U F | | |
| | YE | 13-14 F | | | | | | | LVL 5 | 13-14 M | | |
| | | | | | | | | | LVL 6 | 8U M | | |
| D 2:20-2:40 PM | LVL 7 | 13-14 F | LVL 6 | 13-14 M | LVL 6 | 11-12 F | LVL 6 | 9-10 F | JR | 15-16 M | LVL 6 | 12 F |
| | | | LVL 6 | 15+ F | | | | | YE | 13-14 M | | |
| | | | | | | | | | YE | 13-14 F | | |
| E 2:40-3:00 PM | LVL 7 | 13-14 F | LVL 6 | 13-14 F | LVL 6 | 11-12 F | LVL 6 | 9-10 F | IE | 17-21 F | LVL 6 | 12 F |
| | | | | | | | | | IE | 17-21 M | | |
| | | | | | | | | | SR | 17-21 F | | |
| | | | | | | | | | SR | 17-21 M | | |
| F 3:00-3:20 PM | LVL 6 | 11-12 F | LVL 6 | 13-14 F | LVL 6 | 11-12 F | LVL 5 | 15+ F | LVL 6 | 9-10 F | LVL 6 | 12 F |
| G 3:20-3:40 PM | LVL 6 | 11-12 F | LVL 5 | 8U M | LVL 5 | 13-14 F | LVL 5 | 15+ F | LVL 6 | 9-10 F | LVL 6 | 13-14 F |
| | | | LVL 6 | 9-10 M | | | | | | | | |
| | | | LVL 6 | 11-12 M | | | | | | | | |
| H 3:40-4:00 PM | LVL 6 | 11-12 F | LVL 6 | 9-10 F | LVL 5 | 13-14 F | LVL 5 | 9-10 M | LVL 6 | 9-10 F | LVL 6 | 13-14 F |
| | | | | | | | LVL 5 | 13-14 M | | | | |
| I 4:00-4:20 PM | LVL 6 | 11-12 F | LVL 6 | 9-10 F | LVL 6 | 11-12 M | LVL 6 | 13-14 F | LVL 6 | 15+ F | LVL 5 | 13-14 F |
| | | | | | | | | | LVL 6 | 9-10 M | | |
| | | | | | | | | | LVL 6 | 13-14 M | | |
| J 4:20 - 4:40 PM | | | LVL 6 | 9-10 F | LVL 5 | 8U F | LVL 6 | 13-14 F | LVL 5 | 11-12 M | LVL 5 | 13-14 F |
| 4:45 PM | AWARDS CEREMONY | | | | | | | | | | | |
| 4:45 PM | DINNER | | | | | | | | | | | |
| 4:45 - 5:40 PM | LEVEL 9 FINALIST SESSION WARM UP | | | | | | | | | | | |
| SESSION 6 | | | | | | | | | | | | |
| A 5:40 - 6:00 PM | LVL 5 | 11F | LVL 9 | 13-14 F | LVL 9 | 11-12 F | LVL 5 | 9F | LVL 5 | 11-12 F | LVL 9 | 15+ F |
| | | | | | LVL 9 | 13-14 F | | | | | | |
| | | | | | LVL 9 | 15+ F | | | | | | |
| B 6:00 - 6:20 PM | LVL 5 | 11F | LVL 9 | 11-12 F | LVL 9 | 13-14 M | LVL 5 | 9F | LVL 5 | 11-12 F | LVL 9 | 13-14 M |
| | | | LVL 9 | 9-10 F | LVL 9 | 15+ M | | | | | LVL 9 | 15+ M |
| C 6:20 - 6:40 PM | LVL 5 | 11F | LVL 9 | 13-14 M | LVL 5 | 11 F | LVL 5 | 9F | LVL 5 | 11-12 F | LVL 9 | 11-12 F |
| | | | LVL 9 | 9-10 M | | | | | | | | |
| D 6:40 - 7:00 PM | LVL 5 | 11F | LVL 9 | 11-12 M | LVL 5 | 11 F | LVL 5 | 10 F | LVL 5 | 11-12 F | LVL 9 | 13-14 F |
| | | | LVL 9 | 15+ M | | | | | | | | |
| E 7:00 - 7:20 PM | LVL 5 | 12F | LVL 9 | 15+ F | LVL 5 | 11 F | LVL 5 | 10 F | LVL 5 | 11-12 F | LVL 9 | 9-10 M |
| | | | | | | | | | | | LVL 9 | 11-12 M |
| | | | | | | | | | | | LVL 9 | 9-10 F |
| F 7:20 - 7:40 PM | LVL 5 | 12F | LVL 5 | 15+ F | LVL 5 | 11 F | LVL 5 | 10 F | LVL 5 | 11-12 F | LVL 5 | 11-12 M |
| G 7:40 - 8:00 PM | LVL 5 | 12F | LVL 5 | 9-10 M | LVL 5 | 8U M | LVL 5 | 10 F | LVL 5 | 15+ F | LVL 5 | 11-12 M |
| | | | | | LVL 5 | 11-12 M | | | | | LVL 5 | 13-14 M |
| 8:00 PM | AWARDS CEREMONY | | | | | | | | | | | |

SUNDAY- JANUARY 26, 2025

| Time | LVL | TR-A | LVL | TR-B | LVL | TU-A | LVL | TU-B | LVL | DM-A | LVL | DM-B |
|-------------------|--------------------------------------|------------------------------|-------------------------|---------------------------|-------------------------|---------------------------|----------------|---------------|-------------------------|-----------------------------|----------------------|-------------------------|
| SESSION 7 | | | | | | | | | | | | |
| A 8:15-9:00 AM | LVL 5 | 10 F | LVL 5 | 13-14 F | LVL 5 | 12 F | LVL 4 | 11-12 F | LVL 4 | 9-10 F | LVL 5 | 9 F |
| B 9:00-9:20 AM | LVL 5 | 10 F | LVL 5 | 13-14 F | LVL 5 | 12 F | LVL 4 | 11-12 F | LVL 4 | 9-10 F | LVL 5 | 9 F |
| C 9:20-9:40 AM | LVL 5 | 10 F | LVL 5 | 8U F | LVL 5 | 12 F | LVL 4 | 11-12 F | LVL 4 | 9-10 F | LVL 5 | 10 F |
| D 9:40-10:00 AM | LVL 5 | 10 F | LVL 5 | 11-12 M | LVL 5 | 12 F | LVL 4 | 11-12 F | LVL 4 | 9-10 F | LVL 5 | 10 F |
| E 10:00-10:20 AM | LVL 5 | 10 F | LVL 5 | 11-12 M 13-14 M | LVL 4 LVL 4 | 7-8 F 15+ F | LVL 4 | 9-10 F | LVL 4 | 9-10 F | LVL 5 | 10 F |
| F 10:20-10:40 AM | LVL 5 | 9 F | LVL 4 | 11-12 F | LVL 4 LVL 4 | 7-8 M 9-10 M | LVL 4 | 9-10 F | LVL 4 | 9-10 F | LVL 5 | 10 F |
| G 10:40-11:00 AM | LVL 5 | 9 F | LVL 4 | 11-12 F | LVL 4 LVL 4 | 11-12 M 13-14 M | LVL 4 | 9-10 F | LVL 4 | 7-8 F | LVL 5 | 9-10 M |
| H 11:00-11:20 AM | LVL 5 | 9 F | LVL 4 | 11-12 F | LVL 4 | 13-14 F | LVL 4 | 9-10 F | LVL 4 | 7-8 F | LVL 5 | 9-10 M 8U M |
| I 11:20-11:40 AM | LVL 3 | 11-12 F | LVL 4 | 11-12 F | LVL 3 LVL 3 | 7-8 M 13-14 M | LVL 4 | 9-10 F | LVL 4 | 7-8 F | | |
| 11:45 AM | AWARDS CEREMONY- LEVEL 5 ONLY | | | | | | | | | | | |
| 11:40 AM-12:20 PM | LUNCH | | | | | | | | | | | |
| SESSION 8 | | | | | | | | | | | | |
| A 12:20-12:40 PM | LVL 4 | 9-10 F | LVL 4 | 7-8 M 11-12 M 15+ M | LVL 3 LVL 4 LVL 4 | 13-14 F | LVL 3 | 9-10 M | LVL 4 | 11-12 F | LVL 3 | 7-8 F |
| B 12:40-1:00 PM | LVL 4 | 9-10 F | LVL 2 LVL 2 LVL 3 | 7-8 M 9-10 M 7-8 M | LVL 3 LVL 3 LVL 3 | 13-14 F | LVL 3 | 9-10 F | LVL 4 | 11-12 F | LVL 3 | 7-8 F |
| C 1:00-1:20 PM | LVL 4 | 9-10 F | LVL 4 LVL 4 | 13-14 F 15+ F | LVL 2 LVL 2 | 11-12 F | LVL 3 | 9-10 F | LVL 4 | 11-12 F | LVL 3 | 7-8 F |
| D 1:20-1:40 PM | LVL 4 | 9-10 F | LVL 3 | 9-10 F | LVL 2 LVL 2 | 11-12 F 15+ F | LVL 3 | 9-10 F | LVL 4 | 11-12 F | LVL 4 | 9-10 M 15+ M |
| E 1:40-2:00 PM | LVL 4 | 9-10 F | LVL 4 LVL 4 | 9-10 M 13-14 M | LVL 3 LVL 3 | 7-8 F | LVL 3 | 9-10 F | LVL 4 LVL 4 | 11-12 F 15+ F | LVL 3 | 11-12 F |
| F 2:00-2:20 PM | LVL 4 | 7-8 F | LVL 3 | 7-8 F | LVL 3 | 7-8 F | LVL 2 | 11-12 M | LVL 4 | 13-14 F | LVL 1 | 6U F LVL 1 7-8 F |
| G 2:20-2:40 PM | LVL 4 | 7-8 F | LVL 3 | 7-8 F | LVL 3 | 7-8 F | LVL 3 | 11-12 F | LVL 4 LVL 4 LVL 4 | 7-8 M 11-12 M 13-14 M | LVL 2 H3 LVL 2 | 6U F 15+ F 9-10 F |
| H 2:40-3:00 PM | LVL 4 | 7-8 F | LVL 2 | 9-10 F | LVL 3 | 7-8 F | LVL 3 | 11-12 F | LVL 3 LVL 3 | 9-10 F 6U F | LVL 2 | 7-8 F |
| I 3:00-3:20 PM | LVL 3 LVL 3 H2 | 6U F 13-14 F 15+ F | LVL 2 | 7-8 F | LVL 1 LVL 1 | 6U F 6U M | LVL 3 | 11-12 F | LVL 3 LVL 3 | 9-10 F 13-14 F | LVL 2 LVL 2 | 7-8 M 9-10 M |
| J 3:20-3:40 PM | LVL 1 | 6U F | LVL 2 | 7-8 F | LVL 3 | 11-12 M | LVL 3 LVL 3 | 6U F 15+ F | LVL 3 LVL 3 | 7-8 M 9-10 M 13-14 M | | |
| K 3:40-4:00 PM | LVL 3 LVL 3 LVL 3 | 9-10 M 11-12 M 13-14 M | LVL 1 LVL 1 | 6U M 7-8 F | LVL 2 | 6U F | LVL 2 | 7-8 M | | | | |
| L 4:00-4:20 PM | LVL 2 LVL 2 LVL 2 | 6U F 11-12 F 13-14 F | | | LVL 2 | 9-0 F | LVL 2 | 9-10 M | | | | |
| M 4:20-4:40 PM | | | | | LVL 2 | 9-0 F | LVL 2 | 7-8 F | | | | |
| N 4:40-5:00 PM | | | | | H2 LVL 2 LVL 2 | 15+ F 13-14 F 15+ M | LVL 2 | 7-8 F | | | | |
| O 5:00 - 5:20 PM | | | | | LVL 1 LVL 1 | 7-8 F 9-10 F | LVL 2 | 7-8 F | | | | |