



THURSDAY- JANUARY 23, 2025

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 LVL 8 9-10 F
C 10:00 - 10:30 AM	LVL 8	15+ F	LVL 9	15+ M LVL 9 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 LVL 8 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 LVL 9 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 9 13-14 M LVL 9 15+ M				LVL 8	15+ M	LVL 9	11-12 F
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 LVL 8 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 LVL 8 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 LVL 9 11-12 M LVL 9 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	17-21 M			LVL 10	13-14 F		
	SR	17+ M			LVL 10	15-16 M			LVL 10	15-16 F		
	IE	17-21 F			LVL 10	13-14 M						
	IE	17-21 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			OP	22+ M			YE	13-14 M		
		OP	22+ M		IE	17-21 F			YE	13-14 F		
					IE	17-21 M						
					SR	17+ F						
C 6:30-7:00 PM	JR	15-16 F	LVL 10	15-16 F	LVL 10	13-14 F			OP	17-21 M		
	JR	15-16 M										
D 7:00-7:30 PM	YE	11-12 F	LVL 10	13-14 F					IE	17-21 F		
	YE	13-14 F							IE	17-21 M		
	YE	13-14 M							SR	17-21 F		
	YE	11-12 M							SR	17-21 M		
E 7:30-8:00 PM	OP	17-21 M							OP	17-21 F		
	LVL 10	15-16 M										
F 8:00-8:30 PM			YE	13-14 M					LVL 10	11-12 M		
			OP	17-21 F					LVL 10	13-14 M		
			LVL 10	15-16 F					LVL 10	15-16 M		
			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												
A 8:50 - 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
	SR	17+ M										
	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								
			LVL 5	15+ 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				
							LVL 5	15-16 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	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
											LVL 5	15+ 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	LVL 4	7-8 F	LVL 4	9-10 F	LVL 4	9-10 F	LVL 5	10 F
			LVL 5	13-14 M	LVL 4	15+ F						
F 10:20-10:40 AM	LVL 5	9 F	LVL 4	11-12 F	LVL 4	7-8 M	LVL 4	9-10 F	LVL 4	9-10 F	LVL 5	10 F
					LVL 4	9-10 M						
G 10:40-11:00 AM	LVL 5	9 F	LVL 4	11-12 F	LVL 4	11-12 M	LVL 4	9-10 F	LVL 4	7-8 F	LVL 5	9-10 M
					LVL 4	13-14 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
											LVL 5	8U M
I 11:20-11:40 AM	LVL 3	11-12 F	LVL 4	11-12 F	LVL 3	7-8 M	LVL 4	9-10 F	LVL 4	7-8 F		
					LVL 3	13-14 M						
					LVL 3	15+ M						
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	LVL 3	13-14 F	LVL 3	9-10 M	LVL 4	11-12 F	LVL 3	7-8 F
			LVL 4	11-12 M								
			LVL 4	15+ M								
B 12:40-1:00 PM	LVL 4	9-10 F	LVL 2	7-8 M	LVL 3	13-14 F	LVL 3	9-10 F	LVL 4	11-12 F	LVL 3	7-8 F
			LVL 2	9-10 M								
			LVL 3	7-8 M								
C 1:00-1:20 PM	LVL 4	9-10 F	LVL 4	13-14 F	LVL 2	11-12 F	LVL 3	9-10 F	LVL 4	11-12 F	LVL 3	7-8 F
			LVL 4	15+ F								
D 1:20-1:40 PM	LVL 4	9-10 F	LVL 3	9-10 F	LVL 2	11-12 F	LVL 3	9-10 F	LVL 4	11-12 F	LVL 4	9-10 M
					LVL 2	15+ F					LVL 4	15+ M
E 1:40-2:00 PM	LVL 4	9-10 F	LVL 4	9-10 M	LVL 3	7-8 F	LVL 3	9-10 F	LVL 4	11-12 F	LVL 3	11-12 F
			LVL 4	13-14 M					LVL 4	15+ 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	7-8 M	LVL 2	6U F
									LVL 4	11-12 M	H3	15+ F
									LVL 4	13-14 M	LVL 2	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	9-10 F	LVL 2	7-8 F
									LVL 3	6U F		
I 3:00-3:20 PM	LVL 3	6U F	LVL 2	7-8 F	LVL 1	6U F	LVL 3	11-12 F	LVL 3	9-10 F	LVL 2	7-8 M
	LVL 3	13-14 F			LVL 1	6U M			LVL 3	13-14 F	LVL 2	9-10 M
	H2	15+ F										
J 3:20-3:40 PM	LVL 1	6U F	LVL 2	7-8 F	LVL 3	11-12 M	LVL 3	6U F	LVL 3	7-8 M		
							LVL 3	15+ F	LVL 3	9-10 M		
									LVL 3	13-14 M		
K 3:40-4:00 PM	LVL 3	9-10 M	LVL 1	6U M	LVL 2	6U F	LVL 2	7-8 M				
	LVL 3	11-12 M	LVL 1	7-8 F								
	LVL 3	13-14 M										
L 4:00-4:20 PM	LVL 2	6U F			LVL 2	9-10 F	LVL 2	9-10 M				
	LVL 2	11-12 F										
	LVL 2	13-14 F										
M 4:20-4:40 PM					LVL 2	9-10 F	LVL 2	7-8 F				
N 4:40-5:00 PM					H2	15+ F	LVL 2	7-8 F				
					LVL 2	13-14 F						
					LVL 2	15+ M						
O 5:00 - 5:20 PM					LVL 1	7-8 F	LVL 2	7-8 F				
					LVL 1	9-10 F						