



THURSDAY, MAY 6, 2021

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 1												
11:15-12:00 PM	REGION 1 ASSIGNED TRAINING SESSION #1											
12:15-1:00 PM	REGION 1 ASSIGNED TRAINING SESSIONS #2											
A 1:15-2:00 PM	LVL 9	15+ M			LVL 8	15+ F			LVL 8	13-14 F		
	LVL 9	13-14 M										
	LVL 8	15+ M										
	LVL 8	13-14 M										
B 2:00-2:30 PM	LVL 9	15+ F			LVL 8	15+ F			LVL 8	13-14 F		
	LVL 9	13-14 F										
	LVL 9	11-12 F										
C 2:30-3:00 PM	LVL 8	11-12 F			LVL 8	15+ F			LVL 8	13-14 M		
D 3:00-3:30 PM	LVL 8	10U F			LVL 8	15+ F			LVL 9	11-12 F		
	LVL 8	10U M										
	LVL 8	11-12 M										
E 3:30-4:00 PM	LVL 8	13-14 F			LVL 9	15+ F						
	CLEANING BREAK											
4:00-4:15 PM	SESSION 2											
A 4:15-4:45 PM	LVL 8	15+ F			LVL 9	13-14 F			LVL 9	15+ M		
					LVL 9	13-14 M			LVL 9	13-14 M		
B 4:45-5:15 PM	LVL 8	15+ F			LVL 8	10U F			LVL 9	13-14 F		
					LVL 8	10U M						
C 5:15-5:45 PM					LVL 8	10U F			LVL 9	10U F		
					LVL 8	13-14 M			LVL 9	10U M		
									LVL 9	11-12 M		
D 5:45 -6:15 PM					LVL 9	10U M			LVL 8	11-12 M		
					LVL 9	11-12 M			LVL 8	10U M		
					LVL 9	10U F						
					LVL 9	11-12 F						
	CLEANING BREAK											
6:15-6:30 PM												
E 6:30-7:00 PM					LVL 8	11-12 M			LVL 9	15+ F		
					LVL 8	15+ M						
F 7:00-7:30PM					LVL 8	13-14 F			LVL 9	15+ F		
G 7:30-8:00 PM					LVL 8	13-14 F			LVL 8	10U F		

FRIDAY, MAY 7, 2021

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 3												
A 8:00-8:30 AM	LVL 7	9-10 M	LVL 7	15+ F	LVL 8	11-12 F			LVL 8	15+ F		
	LVL 7	15+ M										
	LVL 7	13-14 M										
B 8:30-9:00 AM	LVL 7	11-12 M	LVL 7	15+ F	LVL 8	11-12 F			LVL 8	15+ F		
	LVL 7	11-12 F										
C 9:00-9:30 AM	LVL 5	8U M	LVL 6	9-10 F	LVL 7	15+ M			LVL 8	15+ F		
	LVL 5	9-10 M			LVL 7	15+ F						
	LVL 5	11-12 M										
	LVL 6	9-10 M										
	LVL 6	11-12 M										
D 9:30-10:00 AM	LVL 7	13-14 F	LVL 6	15+ F	LVL 7	11-12 F			LVL 8	11-12 F		
E 10:00-10:30 AM	LVL 7	9-10 F	LVL 6	11-12 F	LVL 7	11-12 F			LVL 8	11-12 F		
									LVL 7	11-12 F		
10:30-10:40 AM	CLEANING BREAK											
F 10:40-11:00 AM	LVL 6	13-14 F	LVL 6	11-12 F	LVL 7	9-10 F			LVL 7	11-12 F		
G 11:00-11:20 AM	LVL 5	9-10 F	LVL 5	11-12 F	LVL 7	9-10 F			LVL 7	13-14 F		
H 11:20-11:40 AM	LVL 5	9-10 F	LVL 5	11-12 F	LVL 7	11-12 M			LVL 7	13-14 F		
	LVL 5	8U F			LVL 7	9-10 M			LVL 7	13-14 M		
	SESSION 4											
11:40-12:25 PM	REGION 2 LEVEL 8 & 9 TRAINING											
	REGION 1 INDIVIDUAL COMPETITION											
A 12:40-1:00 PM	LVL 4	8U M	LVL 4	9-10 F	LVL 7	8U F			LVL 6	11-12 F		
	LVL 4	9-10 M	LVL 4	13-14 F								
	LVL 4	11-12 M										
B 1:00-1:20 PM	LVL 5	13-14 M	LVL 3	7-8 F	LVL 7	13-14 F			LVL 6	11-12 F		
	LVL 5	13-14 F	LVL 3	11+ F								
	LVL 5	15+ F										
C 1:20-1:40 PM	LVL 4	8U F	LVL 3	9-10 F	LVL 7	13-14 F			LVL 6	9-10 M		
	LVL 4	15+ F										
D 1:40-2:00 PM	LVL 4	11-12 F	LVL 1	6U F	LVL 6	8U F			LVL 7	15+ M		
			LVL 2	7-8 F					LVL 7	15+ F		
			LVL 2	9-10 F								

FRIDAY, MAY 7, 2021

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
	CLEANING BREAK											
2:00-2:50 PM	REGION 1 ELITE 10/ELITE SESSION WARM UP											
E 3:00-3:30 PM	OE	M			LVL 6	11-12 F			LVL 6	15+ F		
	SR	M										
	JR	M										
	JR	F										
	YE	13-14 M										
F 3:30-4:00 PM			LVL 10	15+ M	LVL 6	11-12 F			LVL 6	8U F		
			LVL 10	13-14 M					LVL 7	9-10 F		
			LVL 10	11-12 M								
G 4:00-4:30 PM			LVL 10	15+ F	LVL 6	15+ M			LVL 6	11-12 M		
			LVL 10	13-14 F	LVL 6	13-14 M			LVL 6	13-14 M		
					LVL 6	11-12 M						
	SESSION 5											
4:30- 5:20 PM	REGION 1 10/ELITE DMT/ TU SESSION WARM UP											
	CLEANING BREAK											
A 5:30-6:00 PM	LVL 9	11-12 F			OE	M			LVL 5	8U M		
	LVL 9	15+ F			SR	M			LVL 5	9-10 M		
					SR	W			LVL 5	11-12 M		
					JR	F			LVL 5	13-14 M		
B 6:00-6:30 PM	LVL 9	15+ F			YE	13-14 M			LVL 5	13-14 F		
					YE	13-14 F			LVL 5	15+ F		
C 6:30-7:00 PM	LVL 9	15+ M			LVL 10	15+ M			LVL 10	13-14 M		
	LVL 9	13-14 F			LVL 10	15+ F			LVL 10	13-14 F		
									LVL 10	11-12 M		
									LVL 10	11-12 F		
D 7:00-7:30 PM			LVL 9	13-14 M	LVL 6	9-10 M			SR	F		
			LVL 8	11-12 M	LVL 6	8U M			SR	M		
			LVL 8	15+ M					JR	M		
									JR	F		
E 7:30-8:00 PM			LVL 8	13-14 M	LVL 6	13-14 F			LVL 10	15+ M		
									LVL 10	15+ F		
F 8:00-8:30 PM			LVL 8	15+ F	LVL 6	13-14 F			LVL 6	13-14 F		
					LVL 6	15+ F						
G 8:30-9:00 PM			LVL 8	15+ F	LVL 6	15+ F			LVL 6	13-14 F		

[illegible]

SATURDAY MAY 8, 2021

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
	SESSION 8											
4:15-5:05 PM	REGION 2 10/ELITE DMT/TU SESSION WARM UP											
	CLEANING BREAK											
A 5:10-5:40 PM	LVL 5	13-14 F	LVL 7	15+ F	LVL 9	15+ F			OE	M		
	LVL 5	11-12 M			LVL 9	13-14 F			SR	M		
									JR	M		
B 5:40-6:10 PM	LVL 5	11-12 F	LVL 7	15+ F	OE	M			LVL 9	13-14 M		
			LVL 7	13-14 M	OE	F						
					JR	F						
					LVL 10	15+ M						
					LVL 10	13-14 F						
C 6:10-6:40 PM	LVL 4	8U F	LVL 7	13-14 F	LVL 7	15+ M			SR	F		
	LVL 3	9-10 F			LVL 7	15+ F			OE	F		
									JR	F		
6:40-6:50 PM	CLEANING BREAK											
D 7:00-7:30 PM	LVL 1	7-8 F	LVL 7	9-10 M	LVL 7	11-12 F			LVL 10	15+ M		
	LVL 2	7-8 F	LVL 7	11-12 M	LVL 7	13-14 M						
	LVL 2	9-10 F	LVL 7	15+ M								
	LVL 3	7-8 F										
	LVL 3	11+ F										
E 7:30-8:00 PM	LVL 4	9-10 M	LVL 7	9-10 F	LVL 7	9-10 F			LVL 10	15+ M		
	LVL 4	9-10 F	LVL 7	11-12 F	LVL 7	13-14 F						
F 8:00-8:30 PM	LVL 5	9-10 F			LVL 6	15+ F			LVL 10	15+ M		
									LVL 10	13-14 M		
G 8:30-9:00 PM	LVL 5	9-10 F			LVL 6	15+ F			LVL 10	15+ F		
	LVL 5	9-10 M							LVL 10	13-14 F		
									LVL 10	11-12 F		

SUNDAY MAY 9, 2021

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 9												
8:00 - 8:45 AM	REGION 1 & 2 FINALS ELITE TRA SESSION WARM UP											
A 8:00-8:30 AM					LVL 6	11-12 M	LVL 4	9-10 F	LVL 8	13-14 F	LVL 7	15+ F
					LVL 6	11-12 F	LVL 4	8U F				
B 8:30-9:00 AM					LVL 6	9-10 F	LVL 4	13-14 F	LVL 8	11-12 F	LVL 7	13-14 F
					LVL 6	15+ M					LVL 7	13-14 M
					LVL 5	9-10 M					LVL 7	11-12 M
C 9:00-9:30 AM	SR	M			LVL 5	8U F	LVL 5	15+ F	LVL 8	15+ F	LVL 7	11-12 F
	SR	W			LVL 5	13-14 F	LVL 5	13-14 M			LVL 7	9-10 M
							LVL 5	11-12 M				
D 9:30-10:00 AM	JR	F			LVL 5	9-10 F	LVL 6	13-14 M	LVL 8	15+ F	LVL 6	15+ F
							LVL 6	13-14 F			LVL 6	13-14 M
E 10:00-10:30 AM	JR	M			LVL 5	11-12 F	LVL 3	11+ F	LVL 8	10U F	LVL 6	9-10 F
									LVL 8	15+ M	LVL 6	9-10 M
SESSION 10												
10:30- 11:15 AM	REGION 1 & 2 10/ELITE FINALS SESSION WARM UP TRA/DMT/TU											
A 11:30-12:00 PM			LVL 10	15+ F	LVL 10	15+ M	LVL 3	9-10 M	SR	M	LVL 5	9-10 M
							LVL 3	7-8 M	OE	M	LVL 5	11-12 M
							LVL 3	7-8 F			LVL 5	13-14 M
B 12:00-12:30 PM			LVL 10	15+ M	LVL 10	15+ F	LVL 3	9-10 F	SR	F	LVL 5	8U F
			LVL 10	11-12 M	LVL 10	13-14 F			OE	F	LVL 5	13-14 F
C 12:30-1:00 PM			LVL 10	13-14 F	OE	M	LVL 4	11-12 F	LVL 10	15+ M	LVL 5	13-14 F
			LVL 10	13-14 M	OE	F	LVL 4	15+ F	LVL 10	15+ F	LVL 5	15+ F
			LVL 10	11-12 F	YE	13-14 F	LVL 4	13-14 M				
D 1:00-1:30 PM	OE	M			SR	M	LVL 2	7-8 M	LVL 10	13-14 F	LVL 5	11-12 F
	OE	F			SR	F	LVL 2	9-10 F	LVL 10	13-14 M		
					JR	F	LVL 2	11+ F				
							LVL 1	7-8 F				
E 1:30-2:00 PM	YE	11-12 F	LVL 5	8U F	LVL 4	9-10 M	LVL 3	11+ M	JR	F	LVL 6	13-14 F
	YE	13-14 F	LVL 5	15+ F			LVL 2	9-10 M	JR	M		
	YE	13-14 M	LVL 4	8U M			LVL 2	7-8 F				
			LVL 4	15+ F								
F 2:00-2:30 PM			LVL 4	11-12 F					LVL 10	11-12 F	LVL 6	11-12 M
			LVL 4	13-14 F					LVL 10	11-12 M	LVL 6	11-12 F
			LVL 5	13-14 M								
2:30-2:40	CLEANING BREAK											
G 2:40-3:00 PM									LVL 2	7-8 F	LVL 5	9-10 F
									LVL 3	7-8 F		
									LVL 3	9-10 F		
H 3:00-3:20 PM									LVL 4	8U M	LVL 5	9-10 F
									LVL 4	8U F		
I 3:20-3:40 PM									LVL 4	15+ F	LVL 4	9-10 F
									LVL 4	13-14 F	LVL 4	9-10 M
									LVL 4	11-12 F		

WARM UP PROCEDURES**PRELIMS/FINALS****ELITE LEVELS**

One hour general warm up + touches

YE - JR - OE - SR

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	NO FINALS	1 Touch
Tumbling	NO FINALS	NO FINALS	3 Passes
Double Mini	NO FINALS	NO FINALS	3 Passes

SYNCHRONIZED TRAMPOLINE

ELITE	Two touches
Level 9 & 10	One touch

COLOR LEDGER

REGION 1

REGION 2

SYNC

REGION 1&2 COMBINED FINALS