

Friday

3:00 PM Check-in Open
 4:00 PM ALL EVENTS - I Can't Make My Flight Touch Group
 4:00-5:00 Elite Only Training
 5:00-6:00 L8-Open Training
 6:00-6:30 Synch Training
 6:30 PM Comp. Cards Due or bring to the judge's table with your flight



	General Training or Session Warmup	Comparable Equipment in Adjacent Hall	Level	TRA/IND	TRA/SYN	TUM	DMT
Q1	x	x	YE/JR	3 touches	2 Touches	4 touches	4 touches
	x	x	INT/SR	3 touches	2 Touches	4 touches	4 touches

Local/State/Regional/National Warm-up Option A		
If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition.		
Trampoline / Synchro		
Levels	Qualification	Finals
Levels 1-4	2 Touches / N/A	N/A
Levels 5-7	2 Touches / N/A	N/A
Levels 8-Open	2 Touches / 1 Touch	1 Touch / N/A

7:15 AM Check-in Open
 7:45-8:15 Open Stretch
 7:45 AM Judge's Meeting

SATURDAY

SESSION 1

FLIGHT	TIME	Age	Tramp 1	Age	Tramp 2	Age	Tumbling 1	Age	Tumbling 2	Age	Dbl-Mini 1	Age	Dbl-Mini 2
7:45	Judge's Meeting												
1A	8:15 AM	ALL	OPEN 17-21 Men	9-10.	L5F Flt 1	11-12.	L9F, L8M	11-12.	L2	13-14	L9, L10	13-14	L4
1B	8:40 AM			9-10.	L5F Flt 2		L8F		11-12.			L3M, L4M	13-14
1C	9:00 AM	ALL	OPEN 17-21 F	9-10.	L5F Flt 3	11-12.	L6F Flt 1	11-12.	L3F Flt 1	13-14	L8F Flt 1	13-14	L5F Flt 2
1D	9:20 AM			9-10.	L6F		L6F Flt 2		11-12.			L3F Flt 2	13-14
1E	9:40 AM	9-10.	L8, L9	9-10.	L4F Flt 1	11-12.	L6F Flt 2	11-12.	L4F Flt 1	13-14	L8F Flt 2	13-14	L6F Flt 2
1F	10:00 AM	9-10.	L6M, L7M, L7F	9-10.	L4F Flt 2	11-12.	L7	11-12.	L4F Flt 2			13-14	L5M, L6M, L7M
1G	10:20 AM	ALL	INT	9-10.	L4F Flt 3	11-12.		11-12.	L5F Flt 1	13-14	L8F Flt 3, L8M	13-14	L7F
1H	10:40 AM			9-10.	L1, L2				11-12.			L5F Flt 2	13-14
1I	11:00 AM	ALL	SR, OPEN 22+	9-10.	L3	11-12.		11-12.	L5F Flt 3	ALL	YE	13-14	
1J	11:20 AM			9-10.	L4M, L5M				11-12.			L5M, L6M	13-14

Please plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead.
 If all athletes are in the building and we are running further ahead we will do so.

11:45 AM **Grand March**

SATURDAY

SESSION 2

FLIGHT	TIME	Age	Tramp 1	Age	Tramp 2	Age	Tumbling 1	Age	Tumbling 2	Age	Dbl-Mini 1	Age	Dbl-Mini 2
2A	12:40 PM	ALL	YE	13-14	L7F Flt 1	15-16	JR, L10, L9	15+	L3, L4	ALL	SR, OPEN 22+	11-12.	L6F Flt 1
2B	1:00 PM			13-14	L7F Flt 2	15+	L8F Flt 1	8U	L5, L6, L7			11-12.	L6F Flt 2
2C	1:20 PM	13-14	L10, L8 M	13-14	L6F	15+	L8F Flt 1	7-8.	L4	17-21	OPEN F	11-12.	L5F Flt 1
2D	1:40 PM			13-14	L5F Flt 1			7-8.	L3F Flt 1			11-12.	L5F Flt 2
2E	2:00 PM	13-14	L9	13-14	L5F Flt 2	15+	L8F Flt 2	7-8.	L3F Flt 2	17-21	INT, OPEN M	11-12.	L5F Flt 3
2F	2:20 PM			13-14	L5M, L6M, L7M			7-8.	L2F Flt 1			11-12.	L4F Flt 1
2G	2:40 PM	13-14	L8 F Flt 1	13-14	L3, L4	15+	L7F	7-8.	L2F Flt 2	11-12.	L10, L9	11-12.	L4F Flt 2
2H	3:00 PM					15+	L6M, L7M	7-8.	L1	11-12.	L8F Flt 1	11-12.	L7
2I	3:20 PM	13-14	L8 F Flt 2			15+	L6F	7-8.	L2M, L3M	11-12.	L8F Flt 2	11-12.	L5M, L6M
2J	3:40 PM					15+	L5	6U	L1, L2, L3	11-12.	L8M	11-12.	L2, L3, L4M

Please plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead.
If all athletes are in the building and we are running further ahead we will do so.

SESSION 3

FLIGHT	TIME	Age	Tramp 1	Age	Tramp 2	Age	Tumbling 1	Age	Tumbling 2	Age	Dbl-Mini 1	Age	Dbl-Mini 2
3A	4:20 PM	15+	L9	15+	L7 F, Flt 1	17+	SR, INT, OPEN	9-10.	L3F FLT 1	6U	L1, L3	7-8.	L1, L2M
3B	4:40 PM			15+	L7 F Flt 2, L7 M			9-10.	L3F FLT 2	6U	L2, L4	7-8.	L2F Flt 1
3C	5:00 PM	15-16	L10, JR	15+	L3, L4, L6	ALL	YE	9-10.	L3F FLT 3	7-8.	L4F	7-8.	L2F Flt 2
3D	5:20 PM			15+	L5	9-10.	L8, L9	9-10.	L3F FLT 4	8U	L5	7-8.	L3F Flt 1
3E	5:40 PM	15+	L8M	15+	L8 F, Flt 1	9-10.	L6F	9-10.	L4F Flt 1	7-8.	L3M, L4M	7-8.	L3F Flt 2
3F	6:40 PM					9-10.	L5M, L6M	9-10.	L4F Flt 2				
3G	7:00 PM	SYNCH WARM-UP		15+	L8 F, Flt 2	9-10.	L5F Flt 1	9-10.	L2	Judges go to SYNCH			
3H	7:20 PM	SYNCH	ALL			9-10.	L5F Flt 2	9-10.	L3M, L4M				

Please plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead.
If all athletes are in the building and we are running further ahead we will do so.



	General Training or Session Warmup	Comparable Equipment in Adjacent Hall	Level	TRA/IND	TRA/SYN	TUM	DMT	Local/State/Regional/National Warm-up Option A			
								If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition.			
								Trampoline / Synchro			
				Levels	Qualification	Finals					
Q1	x	x	YE/JR	3 touches	2 Touches	4 touches	4 touches	Levels 1-4	2 Touches / N/A	N/A	
	x	x	INT/SR	3 touches	2 Touches	4 touches	4 touches	Levels 5-7	2 Touches / N/A	N/A	
								Levels 8-Open	2 Touches / 1 Touch	1 Touch / N/A	

7:15 AM Check-in Open
7:45-8:15 Open Stretch

SUNDAY													
SESSION 4													
FLIGHT	TIME	Age	Tramp 1	Age	Tramp 2	Age	Tumbling 1	Age	Tumbling 2	Age	Dbl-Mini 1	Age	Dbl-Mini 2
4A	8:20 AM	11-12.	L6F	11-12.	L9, L10	13-14	L9, L10	15-16		15-16	L10	9-10.	L4F Flt 1
4B	8:40 AM	11-12.	L5f Flt 1			13-14	L8F					9-10.	L4F Flt 2
4C	9:00 AM	11-12.	L5F Flt 2	11-12.	L8F Flt 1	13-14	L5M, L6M, L8M	15+		15+	L9F	9-10.	L4F Flt 3
4D	9:20 AM	11-12.	L5F Flt 3			13-14	L7					9-10.	L4F Flt 4
4E	9:40 AM	11-12.	L5F Flt 4	11-12.	L8F Flt 2	13-14	L6F Flt 1	15+		15+	L8F Flt 1	9-10.	L5F Flt 1
4F	10:00 AM	11-12.	L5M, L6M			13-14	L6F Flt 2					9-10.	L5F Flt 2
4G	10:20 AM	11-12.	L4F Flt 1	11-12.	L8M, L7M	13-14	L5F Flt 1	15+		15+	L8F Flt 2	9-10.	L5M
4H	10:40 AM	11-12.	L4F Flt 2			13-14	L5F Flt 2					9-10.	L6, L7
4I	11:00 AM	11-12.	L1, L2, L3	11-12.	L7F Flt 1	13-14	L4F	15+		15+	L8F Flt 3	9-10.	L8, L9
4J	11:20 AM	6U	L1, L2, L4	11-12.	L7F Flt 2	13-14	L3F Flt 1					9-10.	L3F
4K	11:40 AM	7-8.	M - L2, L4, L5, L6	7-8.	L1, L3	13-14	L3F Flt 2	15+		15+	L9M, L8M	9-10.	L2, L3M, L4M
4L	12:00 PM	7-8.	L4F	7-8.	L2F Flt 1	13-14	L2, L3M, L4M					15+	L6, L4
4M	12:20 PM	7-8.	L5F, L6F	7-8.	L2F Flt 2			15+		15+	L7F	15+	L5, L7M

Please plan to arrive 40 minutes early. If possible, sessions will run 30 minutes ahead.
If all athletes are in the building and we are running further ahead we will do so.