

MEANS REGION 1
 MEANS REGION 2
 COMBINED

2022 REGION 1 & 2 CHAMPIONSHIPS

THURSDAY, APRIL 28, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
2:00-3:00 PM	REGION 1 LEVEL 8-9 ASSIGNED TRAINING											
3:00-4:00 PM	REGION 1 LEVEL 8-9 ASSIGNED TRAINING											
4:00-6:00 PM	REGION 1 & 2 LEVEL 10 THRU ELITE TRAINING											

THURSDAY, APRIL 28, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 0												
6:00 - 7:00 PM	REGION 1 & 2 SYNC WARM UP											
A 7:00 - 7:30 PM	LVL 9	13+ F										
	LVL 10	14U F										
	IE	F										
B 7:30-8:00 PM	YE	13-14 M										
	JR	M										
	IE	F										
	SR	M										

FRIDAY, APRIL 29, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 1												
A 8:30-9:00 AM	LVL 8	15+ F	LVL 7	15+ F	LVL 8	9-10 F	LVL 7	9-10 F	LVL 8	13-14 M	LVL 7	13-14 M
											LVL 7	11-12 M
											LVL 7	9-10 M
											LVL 7	15+ M
B 9:00-9:30 AM	LVL 8	15+ F	LVL 7	15+ F	LVL 8	9-10 F	LVL 7	9-10 F	LVL 8	13-14 F	LVL 7	11-12 F
					LVL 8	11-12 F						
C 9:30 - 10:00 AM	LVL 8	15+ F	LVL 7	13-14 F	LVL 8	11-12 F	LVL 7	13-14 M	LVL 8	13-14 F	LVL 7	11-12 F
							LVL 7	15+ M				
D 10:00-10:30 AM	LVL 8	15+ M	LVL 7	13-14 F	LVL 8	11-12 F	LVL 7	9-10 M	LVL 8	13-14 F	LVL 7	15+ F
	LVL 8	9-10 M					LVL 7	11-12 M				
E 10:30-11:00 AM	LVL 8	13-14 M	LVL 7	13-14 M	LVL 8	11-12 F	LVL 7	8U F	LVL 8	13-14 F	LVL 7	15+ F
					LVL 8	8U F					LVL 7	9-10 F

FRIDAY, APRIL 29, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 2												
LUNCH												
11:00 - 12:00 PM												
A 12:00 - 12:30 PM	LVL 8	13-14 F	LVL 7	9-10 F	LVL 8	15+ F	LVL 7	15+ F	LVL 8	11-12 F	LVL 7	13-14 F
			LVL 7	9-10 M								
			LVL 7	11-12 M								
B 12:30 - 1:00 PM	LVL 8	13-14 F	LVL 7	11-12 F	LVL 8	15+ F	LVL 7	15+ F	LVL 8	11-12 F	LVL 7	13-14 F
C 1:00 - 1:30 PM	LVL 8	11-12 F	LVL 7	11-12 F	LVL 8	15+ F	LVL 7	13-14 F	LVL 8	11-12 F	LVL 6	9-10 F
D 1:30 - 2:00 PM	LVL 8	11-12 F	LVL 6	15+ F	LVL 8	11-12 M	LVL 7	13-14 F	LVL 8	15+ M	LVL 6	8U F
					LVL 8	15+ M			LVL 8	9-10 M	LVL 6	13-14 M
											LVL 6	15+ M
E 2:00 - 2:30 PM	LVL 8	11-12 M	LVL 6	9-10 F	LVL 8	13-14 M	LVL 7	11-12 F	LVL 8	15+ F	LVL 9	15+ F
			LVL 6	8U F								
F 2:30 - 3:00 PM	LVL 8	9-10 F	LVL 6	13-14 F	LVL 8	9-10 M	LVL 7	11-12 F	LVL 8	15+ F	LVL 9	15+ F
					LVL 9	11-12 M						
					LVL 9	9-10 F						
G 3:00 - 3:30 PM	LVL 9	15+ F	LVL 6	13-14 F	LVL 8	13-14 F	LVL 7	11-12 F	LVL 8	15+ F	LVL 9	15+ F
H 3:30 - 4:00 PM	LVL 9	15+ F	LVL 6	15+ M	LVL 8	13-14 F	LVL 6	13-14 F	LVL 8	15+ F	LVL 9	13-14 M
			LVL 6	9-10 M							LVL 9	9-10 F
			LVL 6	8U M								
			LVL 6	13-14 M								
I 4:00 - 4:30 PM	LVL 9	15+ M			LVL 8	13-14 F	LVL 6	13-14 F	LVL 8	11-12 M	LVL 6	15+ F
									LVL 9	11-12 M		
J 4:30 - 5:00 PM	LVL 9	11-12 M			LVL 8	13-14 F	LVL 6	13-14 F	LVL 8	8U F	LVL 6	8U M
	LVL 9	13-14 M							LVL 8	9-10 F	LVL 6	9-10 M
SESSION 3												
DINNER												
5:00 - 6:00 PM												
A 6:00 - 6:30 PM	LVL 9	13-14 F			LVL 9	13-14 F	LVL 5	11-12 M	LVL 9	11-12 F	LVL 6	13-14 F
					LVL 9	9-10 F	LVL 5	13-14 M				
B 6:30 - 7:00 PM	LVL 5	11-12 M			LVL 9	13-14 M	LVL 6	8U F	LVL 9	13-14 F	LVL 6	13-14 F
					LVL 9	15+ M						
C 7:00 - 7:30 PM	LVL 6	11-12 M			LVL 9	11-12 F	LVL 6	8U M	LVL 9	13-14 F		
							LVL 6	9-10 M			LVL 6	13-14 F
D 7:30 - 8:00 PM	LVL 5	13-14 M			LVL 9	15+ F	LVL 6	11-12 M	LVL 9	15+ M	LVL 6	11-12 F
E 8:00 - 8:30 PM	LVL 6	11-12 F			LVL 6	15+ F	LVL 6	13-14 M	LVL 6	11-12 M	LVL 6	11-12 F
							LVL 6	15+ M				

SATURDAY, APRIL 30, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
	SESSION 4											
A 8:00-8:30 AM	LVL 5	13-14 F	LVL 5	9-10 F	LVL 6	11-12 F	LVL 6	9-10 F	LVL 5	9-10 M	LVL 5	11-12 F
B 8:30-9:00 AM	LVL 5	13-14 F	LVL 5	9-10 F	LVL 6	11-12 F	LVL 6	9-10 F	LVL 5	13-14 M	LVL 5	11-12 F
									LVL 5	8U M	LVL 4	15+ F
C 9:00-9:20 AM	LVL 5	13-14 F	LVL 5	9-10 F	LVL 6	11-12 F	LVL 6	9-10 F	LVL 5	8U F	LVL 5	11-12 F
D 9:20-9:40 AM	LVL 5	11-12 F	LVL 5	9-10 M	LVL 5	15+ F	LVL 4	15+ F	LVL 4	13-14 F	LVL 5	11-12 F
E 9:40-10:00 AM	LVL 5	11-12 F	LVL 5	15+ F	LVL 5	8U F	LVL 5	8U M	LVL 5	11-12 M	LVL 5	11-12 F
							LVL 5	9-10 M				
							LVL 5	15+ M				
F 10:00-10:20 AM	LVL 5	11-12 F	LVL 4	7-8 F	LVL 5	8U F	LVL 4	11-12 M	LVL 4	9-10 F	LVL 4	9-10 M
									LVL 5	15+ F	LVL 4	7-8 M
G 10:20-10:40 AM	LVL 5	11-12 F	LVL 5	8U F	LVL 5	11-12 F	LVL 5	13-14 F	LVL 4	9-10 F	LVL 4	11-12 M
											LVL 4	13-14 M
											LVL 4	6U F
H 10:40-11:00 AM	LVL 5	11-12 F	LVL 5	8U M	LVL 5	11-12 F	LVL 5	13-14 F	LVL 4	9-10 F	LVL 5	9-10 F
			LVL 5	15+ M								
I 11:00-11:20 AM	LVL 4	13-14 F	LVL 4	9-10 M	LVL 5	11-12 F	LVL 5	9-10 F	LVL 4	9-10 F	LVL 5	9-10 F
	LVL 4	15+ F	LVL 4	7-8 M								
			LVL 4	13-14 M								
			LVL 4	11-12 M								
J 11:20-11:40 AM	LVL 4	11-12 F	LVL 4	9-10 F	LVL 4	13-14 F	LVL 5	9-10 F	LVL 5	13-14 F	LVL 5	9-10 F
	LVL 4	6U F										
K 11:40-12:00 PM	LVL 4	11-12 F	LVL 4	9-10 F	LVL 4	7-8 M	LVL 5	9-10 F	LVL 5	13-14 F	LVL 5	9-10 F
					LVL 4	13-14 M						
					LVL 4	9-10 M						

SESSION 5

REGION 1 INDIVIDUAL COMPETITION

REGION 1 & 2 LVL 10, OPEN, & ELITE SESSION WARM UP (A EQUIPMENT)

REGION 2 LEVEL 8 & 9 WARM UP (B) EQUIPMENT)

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

SATURDAY, APRIL 30, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 6												
REGION 1 & 2 INDIVIDUAL COMPETITION												
A 6:30-7:00 PM			LVL 7	15+ F					LVL 4	7-8 F	LVL 8	15+ M
	DINNER				DINNER		DINNER				LVL 8	13-14 M
B 7:00-7:30 PM	LVL 6	11-12 M	LVL 8	11-12 F	LVL 2	15+ F	LVL 9	15+ F	LVL 4	7-8 F	LVL 9	15+ M
	LVL 6	13-14 M	LVL 8	11-12 M	LVL 2	9-10 F	LVL 9	13-14 F				
	LVL 5	9-10 M			LVL 2	11-12 F						
	LVL 7	9-10 M			LVL 2	7-8 F						
	LVL 7	13-14 M										
	LVL 7	15+ M										
C 7:30-8:00 PM	LVL 7	11-12 F	LVL 9	15+ M	LVL 1	11-12 F	LVL 8	13-14 F	LVL 4	7-8 F	LVL 9	13-14 M
					LVL 1	9-10 F	LVL 8	11-12 F			LVL 8	9-10 M
					LVL 2	11-12 M						
					LVL 3	13-14 F						
D 8:00-8:30 PM	LVL 7	13-14 F	LVL 7	11-12 M	LVL 7	15+ F	LVL 8	15+ M	LVL 4	11-12 F	LVL 8	11-12 F
					LVL 7	15+ M	LVL 9	15+ M				
					LVL 7	11-12 M	LVL 9	13-14 M				
E 8:30-9:00 PM	LVL 6	11-12 F	LVL 8	9-10 M	LVL 5	15+ F	LVL 8	15+ F	LVL 4	11-12 F	LVL 8	11-12 M
			LVL 8	15+ M			LVL 8	13-14 M				
			LVL 9	13-14 F								
F 9:00-9:30 PM	LVL 6	13-14 F	LVL 9	11-12 M	LVL 6	15+ F	LVL 8	15+ F	LVL 4	11-12 F	LVL 8	13-14 F
	LVL 7	9-10 F	LVL 9	13-14 M	LVL 5	11-12 M						

SUNDAY, MAY 1, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 7												
REGION 2 INDIVIDUAL												
8:00 - 8:45 AM	REGION 1 & 2 -LVL 10, OPEN, ELITE FINALS TRAINING											
A 9:00-9:30 AM	LVL 10	13-14 M	LVL 5	9-10 F	SR	F	LVL 5	15+ M	OP	17-21 M	LVL 6	9-10 F
	LVL 10	15-16 M			SR	M	LVL 5	13-14 M	OP	22+ M	LVL 6	13-14 F
					IE	17-21 F	LVL 6	11-12 M	OP	22+ F		
							LVL 6	15+ M				
B 9:30-10:00 AM	LVL 10	10U F	LVL 6	9-10 F	JR	F	LVL 5	8U F	SR	F	LVL 7	11-12 F
	LVL 10	11-12 F	LVL 6	15+ F	JR	M	LVL 5	13-14 F	IE	F		
	LVL 10	13-14 F	LVL 5	8U M								
			LVL 5	13-14 M								
C 10:00-10:30 AM	SR	F	LVL 5	13-14 F	YE	13-14 F	LVL 5	9-10 F	SR M	M	LVL 7	13-14 F
	IE	17-21			YE	13-14 M					LVL 6	15+ F
	JR	F										
D 10:30 - 11:00 AM	YE	13-14 M	LVL 5	13-14 F	OP	17-21 F	LVL 3	11-12 F	IE	M	LVL 7	9-10 M
	YE	13-14 F	LVL 5	11-12 M	LVL 10	11-12 F			JR	M	LVL 7	11-12 M
			LVL 5	15+ M	LVL 10	15-16 M					LVL 7	15+ M
											LVL 6	13-14 M
											LVL 5	8U M
E 11:00-11:30 AM	SR	M	LVL 5	11-12 F	OP	17-21 M	LVL 3	11-12 M	JR	F	LVL 7	15+ F
					OP	22+ M			YE	13-14 F	LVL 7	9-10 F
									OP	17-21 F		
F 11:30 - 12:00 PM	IE	17-21 M	LVL 5	11-12 F	LVL 10	13-14 F	LVL 4	9-10 F	LVL 10	13-14 M	LVL 5	11-12 F
	JR	M			LVL 10	15-16 F	LVL 4	7-8 F				
							LVL 6	9-10 F				
G 12:00-12:30 PM	OP	22+ F	LVL 5	15+ F	LVL 3	9-10 M	LVL 5	11-12 F	LVL 10	15-16 M	LVL 5	11-12 F
	OP	17-21 F	LVL 5	8U F	LVL 3	7-8 M			LVL 10	11-12 M		
	LVL 10	15-16 F			LVL 4	15+ M						
H 12:30-1:00 PM	OP	17-21 M	LVL 4	11-12 F	LVL 4	11-12 F	LVL 7	11-12 F	LVL 10	15-16 F	LVL 5	11-12 F
	OP	22+ M	LVL 4	7-8 F			LVL 7	13-14 F	LVL 10	10U F		
			LVL 4	15+ F			LVL 6	11-12 F				
			LVL 3	15+ F								
I 1:00-1:30 PM	LVL 3	9-10 F	LVL 4	9-10 F	LVL 4	11-12 F	LVL 6	13-14 F	LVL 10	11-12 F	LVL 6	11-12 M
	LVL 3	13-14 F	LVL 4	9-10 M	LVL 3	15+ F	LVL 6	13-14 M	LVL 10	13-14 F		
	LVL 3	11-12 F					LVL 6	9-10 M				

SUNDAY, MAY 1, 2022

Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	TU-B	LVL	DM-A	LVL	DM-B
SESSION 8												
LUNCH												
1:30 - 2:00 PM												
A 2:00-2:20 PM	LVL 1	6U M			LVL 4	13-14 F			LVL 6	11-12 F	LVL 5	15+ M
	LVL 1	6U F			LVL 4	15+ F					LVL 5	11-12 M
	LVL 2	9-10 F									LVL 5	8U F
	LVL 3	7-8 M										
B 2:20-2:40 PM	LVL 2	6U F			LVL 1	6U M	LVL 4	7-8 M	LVL 5	13-14 F	LVL 5	15+ F
	LVL 2	7-8 F			LVL 2	7-8 M	LVL 4	11-12 M				
	LVL 3	6U F			LVL 2	9-10 M	LVL 4	13-14 M				
	LVL 3	7-8 F			LVL 2	13-14 M						
					LVL 2	11-12 M						
C 2:40-3:00 PM	LVL 4	7-8 M			LVL 2	7-8 F			LVL 5	13-14 F	LVL 4	9-10 F
	LVL 4	11-12 M			LVL 2	6U F					LVL 4	15+ F
	LVL 4	13-14 M			LVL 2	11-12 F					LVL 4	13-14 F
D 3:00-3:20 PM					LVL 1	6U F			LVL 5	9-10 F	LVL 4	9-10 F
					LVL 1	13-14 F			LVL 5	13-14 M	LVL 4	7-8 F
					LVL 3	13-14 F						
E 3:20-3:40 PM					LVL 2	9-10 F			LVL 5	9-10 F	LVL 2	7-8 F
									LVL 5	9-10 M	LVL 2	6U F
											LVL 1	6U F
											LVL 1	6U M
F 3:40-4:00 PM					LVL 3	9-10 F			LVL 4	11-12 F	LVL 4	9-10 M
					LVL 3	7-8 F			LVL 3	9-10 M	LVL 4	7-8 M
									LVL 3	7-8 M	LVL 4	11-12 M
G 4:00-4:20 PM											LVL 2	9-10 F
											LVL 3	9-10 F
											LVL 3	7-8 F
											LVL 3	13-14 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	2 Passes	3 Passes
Double Mini	NO FINALS	2 Passes	3 Passes

SYNCHRONIZED TRAMPOLINE

One hour session warm up + touches	
ELITE	Two touches
Level 9 & 10	One touch