

MEANS REGION 1
 MEANS REGION 2
 COMBINED

2024 REGION 1 & 2 CHAMPIONSHIPS

THURSDAY, MAY 16, 2024

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, MAY 16, 2024

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	OP	22+ M										
	OP	17-21 F										
	JR	15-16 M										
	YE	13-14 F										
B 7:30 - 8:00 PM	LVL 10	14U F										
	LVL 10	14U M										
	LVL 10	15-16 M										
	LVL 9	12U M										
	LVL 9	13+ M										
LVL 9	13+ F											

FRIDAY, MAY 17, 2024

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 9	15+ F	LVL 8	13-14 M	LVL 7	11-12 M
									LVL 8	9-10 M	LVL 7	13-14 M
B 9:00-9:30 AM	LVL 8	15+ F	LVL 7	15+ F	LVL 7	15+ F	LVL 9	15+ F	LVL 8	13-14 F	LVL 7	11-12 F
C 9:30 - 10:00 AM	LVL 8	13-14 M	LVL 7	13-14 F	LVL 8	11-12 F	LVL 9	11-12 M	LVL 8	13-14 F	LVL 7	11-12 F
	LVL 8	15+ M					LVL 9	13-14 M			LVL 7	9-10 F
D 10:00-10:30 AM	LVL 8	9-10 F	LVL 7	11-12 M	LVL 8	11-12 F	LVL 9	11-12 F	LVL 8	13-14 F	LVL 7	13-14 F
			LVL 7	13-14 M	LVL 8	8U F	LVL 9	9-10 F				
			LVL 7	15+ M								
E 10:30-11:00 AM	LVL 8	9-10 M	LVL 6	15+ F	LVL 8	11-12 F	LVL 9	13-14 F	LVL 8	9-10 F	LVL 7	15+ F
	LVL 8	11-12 M	LVL 6	9-10 F					LVL 8	8U F	LVL 7	15+ M

FRIDAY, MAY 17, 2024

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

H	10:40-11:00 AM	LVL 6	9-10 F	LVL 5	11-12 F	LVL 3	6U F	LVL 4	13-14 F	LVL 4	7-8 M	LVL 4	9-10 F
		LVL 6	9-10 M			LVL 3	15+ F						
I	11:00-11:20 AM	LVL 7	8U M	LVL 5	11-12 F	LVL 4	9-10 F	LVL 4	7-8 M	LVL 4	15+ F	LVL 4	9-10 F
		LVL 7	9-10 M					LVL 4	11-12 M	LVL 4	13-14 F		
		LVL 7	11-12 M					LVL 4	13-14 M				
		LVL 7	13-14 M										
		LVL 7	15+ M										
J	11:20-11:40 AM	LVL 6	8U M	LVL 5	13-14 F	LVL 4	9-10 F	LVL 4	11-12 F	H4	7-11 M	LVL 4	9-10 F
		LVL 6	11-12 M							H3	7-11 F		
		LVL 6	13-14 M							LVL 2	7-8 F		
		LVL 6	15+ M							LVL 2	6U M		
										LVL 1	7-8 M		
K	11:40-12:00 PM	LVL 5	9-10 M	LVL 5	8U F	LVL 4	9-10 F	LVL 4	11-12 F	LVL 4	6U M	LVL 4	9-10 F
		LVL 5	11-12 M	LVL 5	15+ F	LVL 4	15+ F			LVL 4	6U F		
		LVL 5	13-14 M										

SESSION 5													
REGION 1 INDIVIDUAL COMPETITION													
12:00 - 1:00 PM REGION 1 & 2 LVL 10, OPEN, & ELITE SESSION WARM UP (A EQUIPMENT)													
12:00 - 1:00 PM REGION 2 LEVEL 8 & 9 WARM UP (B) EQUIPMENT													
A	1:00-1:30 PM	SR	17+ M	LVL 9	15+ F	YE	13-14 F	LVL 4	7-8 F	SR	17+ F	LVL 4	11-12 F
		IE	17-21 M	LVL 9	9-10 F	YE	11-12 F			IE	17-21 F	LVL 4	11-12 M
										JR	15-16 F		
B	1:30-2:00 PM	YE	11-12 F	LVL 9	13-14 F	JR	15-16 M	LVL 4	7-8 F	SR	17+ M	LVL 4	11-12 F
		OP	22+ M	LVL 9	11-12 F	JR	15-16 F						
		OP	22+ F										
C	2:00-2:30 PM	JR	15-16 M	LVL 8	15+ F	SR	17+ M	LVL 4	7-8 F	IE	17-21 M	LVL 4	11-12 F
						SR	17+ F			YE	13-14 M		
D	2:30-3:00 PM	SR	17-21 F	LVL 8	15+ F	LVL 10	15-16 M	LVL 4	7-8 F	JR	15-16 M	LVL 4	7-8 F
		IE	17-21 F			LVL 10	15-16 F			OP	22+ M		
E	3:00-3:30 PM	YE	13-14 M	LVL 8	13-14 F	IE	17-21 M	LVL 3	13-14 F	OP	17-21 F	LVL 4	7-8 F
		YE	13-14 F			OP	22+ M	LVL 3	11-12 F				
						OP	22+ F						
F	3:30-4:00 PM	LVL 10	15-16 M	LVL 8	13-14 F	LVL 10	13-14 F	LVL 3	11-12 F	OP	22+ F	LVL 4	7-8 F
						LVL 10	11-12 F			YE	13-14 F		
						LVL 10	11-12 M			YE	11-12 F		
G	4:00-4:30 PM	LVL 10	15-16 F	LVL 8	11-12 F	OP	17-21 M	LVL 3	7-8 F	LVL 10	13-14 M	LVL 4	7-8 F
		LVL 10	11-12 F	LVL 8	9-10 F	OP	17-21 F			LVL 10	11-12 M		
H	4:30 - 5:00 PM	OP	17-21 F	LVL 9	9-10 M	LVL 2	11-12 M	LVL 3	9-10 M	OP	17-21 M	LVL 4	7-8 F
				LVL 9	15+ M	LVL 2	11-12 F	LVL 3	9-10 F				
I	5:00-5:30 PM	OP	17-21 F	LVL 9	13-14 M	LVL 2	9-10 F	LVL 9	11-12 M	LVL 10	15-16 F	LVL 3	7-8 F
						LVL 2	7-8 F	LVL 8	9-10 M	LVL 10	13-14 F	LVL 3	7-8 M
						LVL 2	13-14 F	LVL 8	11-12 M				
								LVL 8	15+ M				
J	5:30-6:00 PM	OP	17-21 M	LVL 9	13-14 M	LVL 3	7-8 M	LVL 9	15+ F	LVL 10	15-16 M	LVL 3	7-8 F
						LVL 3	11-12 M	LVL 9	13-14 F	LVL 10	11-12 F		
						LVL 3	13-14 M	LVL 9	11-12 F				
						LVL 3	15+ M						

K	6:00-6:30 PM	LVL 10	13-14 F	LVL 9	11-12 M	LVL 1	6U M	LVL 9	15+ M	LVL 10	15-16 M	LVL 3	9-10 F
		LVL 10	11-12 M	LVL 8	9-10 M	LVL 1	7-8 M	LVL 9	13-14 M			LVL 3	11-12 F
		LVL 10	13-14 M	LVL 8	15+ M	LVL 1	7-8 F	LVL 8	13-14 M				
						H2	7-11 F	LVL 8	8U M				
						H2	7-11 M						

SATURDAY, MAY 18, 2024

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												

6:30-7:00 PM													
		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
A	7:00-7:30 PM	LVL 5	9-10 F	LVL 8	11-12 M	LVL 7	13-14 F	LVL 8	11-12 F	LVL 7	11-12 F	LVL 9	15+ F
				LVL 8	13-14 M			LVL 8	13-14 F				
B	7:30-8:00 PM	LVL 5	9-10 F	LVL 1	6U F	LVL 7	11-12 M	LVL 8	15+ F	LVL 6	9-10 M	LVL 9	15+ F
				LVL 1	7-8 F	LVL 7	13-14 M	LVL 8	9-10 F	LVL 6	11-12 M		
				LVL 2	7-8 F	LVL 7	15+ M			LVL 6	13-14 M		
				LVL 2	9-10 F								
				LVL 2	11-12 M								
C	8:00 - 8:20 PM	LVL 3	7-8 F	LVL 4	7-8 M	LVL 7	9-10 F	LVL 6	9-10 M	LVL 7	11-12 M	LVL 9	13-14 M
		LVL 3	9-10 F	LVL 4	9-10 M	LVL 7	11-12 F	LVL 6	9-10 F	LVL 7	13-14 M		
		LVL 3	11-12 F	LVL 4	7-8 F					LVL 7	15+ M		
		LVL 3	13-14 F	LVL 4	11-12 F								
				LVL 4	13-14 F								
D	8:20 - 8:40 PM	LVL 4	9-10 F			LVL 6	15+ M	LVL 6	13-14 F	LVL 6	11-12 F	LVL 9	9-10 M
						LVL 6	15+ F					LVL 9	11-12 M
						LVL 7	15+ F					LVL 9	15+ M
E	8:40 - 9:00 PM	LVL 4	9-10 F			LVL 6	11-12 F	LVL 6	11-12 M	LVL 7	9-10 F	LVL 7	13-14 F
						LVL 6	13-14 M	LVL 7	15+ F				

SUNDAY, MAY 19, 2024

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	SR	17+ M			YE	13-14 F	LVL 5	13-14 M	SR	17+ F	LVL 8	15+ F
		IE	17-21 M			YE	11-12 F	LVL 5	9-10 M	IE	17-21 F		
										JR	15-16 F		
B	9:30-10:00 AM	YE	11-12 F			JR	15-16 M	LVL 5	8U F	SR	17+ M	LVL 8	15+ F
		OP	22+ M			JR	15-16 F	LVL 5	9-10 F				
		OP	22+ F										
C	10:00-10:30 AM	JR	15-16 M			SR	17+ M	LVL 5	15+ F	IE	17-21 M	LVL 8	13-14 F
						SR	17+ F	LVL 5	11-12 M	YE	13-14 M		
D	10:30 - 11:00 AM	SR	17-21 F			LVL 10	15-16 M	LVL 5	11-12 F	JR	15-16 M	LVL 8	13-14 F
		IE	17-21 F			LVL 10	15-16 F			OP	22+ M	LVL 8	9-10 F
E	11:00-11:30 AM	YE	13-14 M			IE	17-21 M	LVL 5	11-12 F	OP	17-21 F	LVL 8	8U M
		YE	13-14 F			OP	22+ M					LVL 8	9-10 M
						OP	22+ F					LVL 8	11-12 M

F	11:30 - 12:00 PM	LVL 10	15-16 M			LVL 10	13-14 F	LVL 5	13-14 F	OP	22+ F	LVL 8	11-12 F
						LVL 10	11-12 F			YE	13-14 F		
						LVL 10	11-12 M			YE	11-12 F		
G	12:00-12:30 PM	LVL 10	15-16 F			OP	17-21 M	LVL 4	6U F	LVL 10	13-14 M	LVL 8	13-14 M
		LVL 10	11-12 F			OP	17-21 F	LVL 4	7-8 F	LVL 10	11-12 M	LVL 8	15+ M
								LVL 4	13-14 F				
H	12:30-1:00 PM	OP	17-21 F							OP	17-21 M		
						LUNCH						LUNCH	
I	1:00-1:30 PM	OP	17-21 M			LVL 4	11-12 F	LVL 4	9-10 M	LVL 10	15-16 F	LVL 9	11-12 F
								LVL 4	11-12 M	LVL 10	13-14 F	LVL 9	13-14 F
								LVL 4	13-14 M				
J	1:30 - 2:00 PM	LVL 10	13-14 F			LVL 4	11-12 F	LVL 3	9-10 F	LVL 10	15-16 M	LVL 6	9-10 F
		LVL 10	11-12 M							LVL 10	11-12 F	LVL 6	15+ F
		LVL 10	13-14 M										
SESSION 8													
A	2:00 - 2:20 PM					LVL 3	11-12 F	LVL 3	7-8 F	LVL 10	15-16 M	LVL 6	13-14 F
								LVL 3	13-14 F				
								LVL 3	15+ F				
B	2:20 - 2:40 PM					LVL 3	11-12 F	LVL 4	9-10 F			LVL 6	13-14 F
										LUNCH			
C	2:40 - 3:00 PM					LVL 3	11-12 M	LVL 2	11-12 F	LVL 5	8U M	LVL 5	11-12 F
						LVL 3	13-14 M			LVL 5	9-10 M		
										LVL 5	13-14 M		
D	3:00 - 3:20 PM					LVL 2	9-10 M	LVL 2	13-14 F	LVL 5	9-10 F	LVL 5	11-12 F
						LVL 2	9-10 F	LVL 2	7-8 M				
								LVL 2	11-12 M				
E	3:20 - 3:40 PM					LVL 3	7-8 M	LVL 1	6U F	LVL 5	9-10 F	LVL 4	9-10 F
						LVL 3	9-10 M	LVL 1	7-8 F				
								LVL 1	11-12 F				
F	3:40 - 4:00 PM									LVL 5	11-12 M	LVL 4	6U F
										LVL 5	15+ M	LVL 4	13-14 F
												LVL 4	15+ F
G	4:00 - 4:20 PM											LVL 4	11-12 M
										LVL 5	8U F	LVL 1	6U F
										LVL 5	13-14 F	LVL 2	7-8 F
H	4:20 - 4:40 PM									LVL 5	15+ F	LVL 2	9-10 F
												LVL 2	7-8 M
										LVL 4	11-12 F	LVL 4	7-8 M
I	4:40 - 5:00 PM											LVL 4	9-10 M
												LVL 4	7-8 F
										LVL 4	11-12 F	LVL 3	7-8 F
											LVL 3	9-10 F	
											LVL 3	11-12 F	
											LVL 3	11-12 M	

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