



SATURDAY , MAY 10, 2025

Time	LVL	TR-A	LVL	TU-A	LVL	DM-A
SESSION 1						
A 1:00 - 1:30 PM	LVL 1-7	8U F	LVL 1-7	8U F	LVL 1-7	8U F
B 1:30 - 2:00 PM	LVL 1-7	8U F	LVL 1-7	8U F	LVL 1-7	8U F
C 2:00 - 2:20 PM	LVL 1-7	8U F	LVL 1-7	8U F	LVL 1-7	8U F
D 2:20 - 2:40 PM	LVL 1-7	8U F	LVL 1-7	8U F	LVL 1-7	8U F
SESSION 1 AWARDS						

SATURDAY , MAY 10, 2025

Time	LVL	TR-A	LVL	TU-A	LVL	DM-A
SESSION 2						
A 3:00 - 3:30 PM	LVL 1-7	10U M	LVL 1-7	10U M	LVL 1-7	10U M
B 3:30 - 4:00 PM	LVL 1-7	10U M	LVL 1-7	10U M	LVL 1-7	10U M
C 4:00 - 4:20 PM	LVL 1-7	10U M	LVL 1-7	10U M	LVL 1-7	10U M
D 4:20 - 4:40 PM	LVL 1-7	10U M	LVL 1-7	10U M	LVL 1-7	10U M
SESSION 2 AWARDS						
4:40 PM	DINNER					
SESSION 3						
A 5:30 - 6:00 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
B 6:00 - 6:20 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
C 6:20 - 6:40 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
D 6:40 - 7:00 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
E 7:00 - 7:20 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
F 7:20 - 7:40 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
G 7:40 - 8:00 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
H 8:00 - 8:20 PM	LVL 1-7	9-10 F	LVL 1-7	9-10 F	LVL 1-7	9-10 F
SESSION 3 AWARDS						

SUNDAY, MAY 11, 2025

Time	LVL	TR-A	LVL	TU-A	LVL	DM-A
SESSION 4						
A	8:00-8:30 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
B	8:30-9:00 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
C	9:00-9:20 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
D	9:20-9:40 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
E	9:40-10:00 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
F	10:00 - 10:20 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
G	10:20 - 10:40 AM	LVL 1-7	11-12 F	LVL 1-7	11-12 F	LVL 1-7
SESSION 4 AWARDS						
	10:40 - 11:35 AM	LVL 8 & 9 OPEN WORK OUT				
LUNCH						
SESSION 5						
A	11:40 - 12:00 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
B	12:00 - 12:20 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
C	12:20 - 12:40 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
D	12:40 - 1:00 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
E	1:00 - 1:20 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
F	1:20 - 1:40 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
G	1:40 - 2:00 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
H	2:00 - 2:20 PM	LVL 1-7	13+ F	LVL 1-7	13+ F	LVL 1-7
SESSION 5 AWARDS						
	2:30 - 3:25 PM	SESSION WARM UP - LVL 10 - ELITE				
SESSION 6						
A	3:30 - 4:00 PM	OP	17-21 M	OP	17-21 M	LVL 10
		OP	17-21 F	LVL 10	13-14 M	LVL 10
			LVL 8	9-10 F		
B	4:00 - 4:30 PM	IE	17-21 M	LVL 8	13-14 F	OP
		YE	11-12 M		LVL 10	13-14 M
		YE	11-12 F			
		JR	15-16 F			

SUNDAY, MAY 11, 2025

	Time	LVL	TR-A	LVL	TU-A	LVL	DM-A
C	4:30 - 5:00 PM	LVL 10	13-14 M	LVL 8	15+ F	IE	17-21 M
		LVL 10	15-16 M			OP	17-21 M
D	5:00 - 5:30 PM	LVL 10	11-12 F	LVL 8	15+ F	LVL 9	9-10 M
		LVL 10	13-14 F			LVL 9	11-12 M
		LVL 10	15-16 F			LVL 9	15+ M
E	5:30 - 6:00 PM	LVL 9	13-14 F	LVL 8	9-10 M	LVL 9	9-10 F
				LVL 8	13-14 M	LVL 9	15+ F
				LVL 8	15+ M		
F	6:00 - 6:30 PM	LVL 9	13-14 M	LVL 9	15+ F	LVL 9	15+ F
				LVL 8	11-12 F		

SESSION 6 AWARDS- LVL 8 & 9 ONLY

6:30 PM **DINNER**

SESSION 7

A	7:00 - 7:20 PM	LVL 1-7	11+ M	LVL 1-7	11+ M	LVL 1-7	11+ M
B	7:20 - 7:40 PM	LVL 1-7	11+ M	LVL 1-7	11+ M	LVL 1-7	11+ M
C	7:40 - 8:00 PM	LVL 1-7	11+ M	LVL 1-7	11+ M	LVL 1-7	11+ M
D	8:00 - 8:20 PM	LVL 1-7	11+ M	LVL 1-7	11+ M	LVL 1-7	11+ M
E	8:20 - 8:40 PM			LVL 1-7	11+ M		
F	8:40 - 9:00 PM			LVL 1-7	11+ M		

SESSION 7 AWARDS

MONDAY, MAY 12, 2025

	Time	LVL	TR-A	LVL	TU-A	LVL	DM-A	
SESSION 8								
A	7:45 - 8:30 AM	LVL 9	9-10 F	TU FINALS WU		LVL 8	11-12 F	
		LVL 9	15+ F					
B	8:30 - 9:00 AM	LVL 9	11-12 F				LVL 9	13-14 F
		LVL 8	11-12 M					
C	9:00 - 9:30 AM	LVL 8	9-10 F	OP	17-21 M	LVL 8	13-14 M	
		LVL 8	11-12 F	LVL 10	13-14 M			
D	9:30 - 10:00 AM	LVL 8	13-14 M			LVL 8	13-14 F	
E	10:00 - 10:30 AM	LVL 9	11-12 M			LVL 8	13-14 F	
		LVL 9	15+ M					

MONDAY, MAY 12, 2025

	Time	LVL	TR-A	LVL	TU-A	LVL	DM-A
F	10:30 - 11:00 AM	LVL 8	15+ F			LVL 9	13-14 M
G	11:00 - 11:30 AM	LVL 8	15+ F			LVL 9	11-12 F
						LVL 8	8U M
						LVL 8	9-10 M
						LVL 8	15+ M
		SESSION 8 AWARDS					
	11:30 - 12:25 PM	SESSION FINALS WARM UP: TRA & DM					
		SESSION FINALS					
A	12:30 - 1:00 PM	OP	17-21 M			LVL 10	13-14 M
		OP	17-21 F			LVL 10	15-16 M
B	1:00 - 1:30 PM	IE	17-21 M			LVL 10	15-16 F
		YE	11-12 M			OP	17-21 F
		YE	11-12 F				
		JR	15-16 F				
C	1:30 - 2:00 PM	LVL 10	13-14 M			IE	17-21 M
		LVL 10	15-16 M			OP	17-21 M
D	2:00 - 2:30 PM	LVL 10	11-12 F				
		LVL 10	13-14 F				
		LVL 10	15-16 F				
		SESSION FINALS AWARDS- TRA & DM					

SESSION 9							
A	3:00 - 3:30 PM	LVL 8	13-14 F			LVL 8	9-10 F
						LVL 8	11-12 M
B	3:30 - 4:00 PM	LVL 8	13-14 F			LVL 8	15+ F
C	4:00 - 4:30 PM	LVL 8	8U M			LVL 8	15+ F
		LVL 8	9-10 M				
		LVL 8	15+ M				
		SESSION 9 AWARDS					

WARM UP PROCEDURES

LEVEL 10 - OPEN - ELITE

ONE HOUR SESSION WARM UP + TOUCHES/PASSES

Trampoline	2 Touches
Tumbling	3 Passes
Double Mini	3 Passes

JO LEVELS

Level 1 - 7		Level 8 - 9	
Trampoline	2 Touches	Trampoline	2 Touches
Tumbling	2 Passes	Tumbling	3 Passes
Double Mini	2 Passes	Double Mini	3 Passes