



Thursday, December 15, 2016							
1:00 - 5:00 PM	OPEN TRAINING						
Friday, December 16, 2016							
5:00 - 8:00 PM	OPEN TRAINING						
Saturday, December 17, 2016							
SESSION 1							
8:00 - 9:00 AM	GENERAL WARM UP SESSION 1						
8:30 AM	Judges Meeting						
		TR	LVL				
9:00 - 9:30 AM		All ages M/F	2				
		All ages M/F	3				
		All ages M/F	4				
		All ages M/F	7				
9:30 - 10:00 AM		All ages M/F	5				
10:00 - 10:30 AM		All ages M/F	6				
10:30 - 11:00 AM		All ages M/F	8				
11:00 - 11:30 AM		All ages M/F	9				
		All ages M/F	10				
11:30 - 12:00 PM		All ages M/F	YE				
		All ages M/F	JE				
		All ages M/F	SE				
		All ages M/F	OE				
12:00 - 12:45 PM	LUNCH						

SESSION 2							
				TU	LVL		
12:00 - 1:00 PM	GENERAL WARM UP SESSION 2						
12:45 PM	Judges Meeting						
1:00 - 1:30 PM				All ages M/F	1		
				All ages M/F	4		
1:30 - 1:50 PM				All ages M/F	5		
1:50 - 2:10 PM				9&10 M/F	6		
				11&12 M/F	6		
2:10 - 2:30 PM				13&14 M/F	6		
				15&O F	6		
				All ages M/F	7		
2:30 - 2:50 PM				All ages M/F	8		
				All ages M/F	9		
				All ages M/F	10		
				All ages M/F	YE		
				DM	LVL		
2:50 - 3:10 PM				All ages M/F	1		
				All ages M/F	4		
				All ages M/F	5		
3:10 - 3:30 PM				All ages M/F	6		
3:30 - 3:50 PM				All ages M/F	7		
3:50 - 4:10 PM				All ages M/F	8		
				All ages M/F	9		
4:10 - 4:30 PM				All ages M/F	10		
				All ages M/F	YE		
Warm - Up Procedures							
Elite Levels				JO Levels			
One hour general warm up + touches				No general warm up			
		YE, OE, JE, SE		Level 1 - 7	Level 8 - 9	Level 10	
Trampoline		2 Touch		Trampoline	2 Touch	2 Touch	2 Touch
Double Mini		2 Passes		Double Mini	2 Passes	3 Passes	4 Passes
Tumbling		2 Passes		Tumbling	2 Passes	3 Passes	4 Passes