

FRIDAY FEBRUARY 24, 2017

FLIGHT	TIME	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	DM-A	LVL	DM-B
SESSION 2											
	11:00 - 12:00	OPEN WARM UP FOR SESSION 2: SE & JE F TRA									
A	12:00 - 12:30	9	13-14 M	SE	F	10	13-14 F	8	11-12 F	10	15+ F
						10	13-14 M				
B	12:30 - 1:00	9	13-14 F	SE	M	9	15+ M	8	15+ F	10	15+ F
C	1:00 - 1:30	9	13-14 F	SE	M	9	10U M	8	15+ F	10	15+ F
						9	13-14 M				
						9	11-12 M				
						9	10U F				
D	1:30 - 2:00	8	11-12 F	JE	F	9	13-14 F	9	11-12 F	10	15+ M
E	2:00 - 2:30	9	11-12 F	JE	F	9	13-14 F	9	11-12 F	10	15+ M
SESSION 3											
	2:30 - 3:30	OPEN WARM UP FOR SESSION 3: YE & JE M TRA									
A	3:30 - 4:00	9	15+ F	YE	11-12 F	9	11-12 F	8	15+ M	10	13-14 M
B	4:00 - 4:30	9	15+ F	YE	13-14 F	8	11-12 F	9	13-14 F	10	11-12 M
						8	11-12 M			10	10U F
C	4:30 - 5:00	9	15+ M	YE	13-14 F	9	15+ F	9	13-14 F	10	11-12 F
D	5:00 - 5:30	9	15+ M	YE	13-14 M	9	15+ F	8	13-14 F	10	13-14 F
E	5:30 - 6:00	9	10U F	YE	13-14 M	10	15+ M	8	13-14 F		
		9	10U M	YE	11-12 M						
		9	11-12 M								
F	6:00 - 6:30	8	13-14 F	JE	M	10	11-12 F	8	10U F		
						10	15+ F	8	10U M		
								8	11-12 M		
G	6:30 - 7:00	8	13-14 F			10	15+ F	8	13-14 M		

WARM UP PROCEDURES

ELITE LEVELS

JO LEVELS

YE - JE - OE - SE		Level 8 - 9	Level 10
Trampoline	1 hour + 2 Touches	2 Touch	2 Touch
Double Mini	1 hour + 2 Passes	3 Passes	4 Passes
Tumbling	1 hour + 2 Passes	3 Passes	4 Passes
TRAMPOLINE	JE M	1 hour + 15 minutes in flight	

SATURDAY FEBRUARY 25, 2017

FLIGHT	TIME	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	DM-A	LVL	DM-B
SESSION 4											
	8:00 - 9:00	OPEN WARM UP FOR SESSION 5: OE TR & ALL ELITES FINALISTS FOR TU & DM									
A	9:00 - 9:45	47	11-12 F	OE	F	SE	F	7	9-10 F	SE	M
						OE	F	7	13-14 M		
								7	11-12 M		
B	9:45 - 10:05	8	15+ M	OE	M	JE	F	7	15+ F	SE	F
									15+ M		
C	10:05 - 10:25	8	11-12 M	7	9-10 F	YE	F	7	13-14 F	JE	F
				7	13-14 M	YE	M			JE	M
				7	11-12 M						
D	10:25 - 10:45	8	10U F	7	15+ F	SE	M	7	11-12 F	YE	11-12 F
		8	10U M	7	15+ M					YE	11-12 M
		8	13-14 M							YE	13-14 F
E	10:45 - 11:05	9	13-14 M	6	13-14 F	JE	M	6	11-12 F	OE	M
						OE	M			OE	F
										YE	13-14 M
F	11:05 - 11:25	9	15+ F	6	11-12 M	10	15+ M	6	11-12 F	10	13-14 F
				6	15+ F						
				6	9-10 M						
				6	13-14 M						
G	11:25 - 11:45	9	13-14 F	6	9-10 F	10	15+ F	6	13-14 F	10	11-12 F
						10	11-12 F				
H	11:45 - 12:05	9	10U F	6	11-12 F	10	13-14 M	6	15+ F	10	15+ F
		9	10U M			10	13-14 F	6	11-12 M		
		9	11-12 M					6	9-10 M		

SATURDAY FEBRUARY 25, 2017

FLIGHT	TIME	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	DM-A	LVL	DM-B
SESSION 5											
	12:05 - 1:05	OPEN WARM UP FOR SESSION 6: YE M/F & JE F TRA ONLY									
A	1:05 - 1:25	9	15+ M	YE	11-12 F	9	13-14 F			10	13-14 M
B	1:25 - 1:45	9	11-12 F	YE	11-12 M	9	15+ F			10	15+ M
C	1:45 - 2:05	8	15+ F	YE	13-14 M	9	15+ M			10	11-12 M
										10	10U F
D	2:05 - 2:25	8	15+ F	YE	13-14 F	9	10U M			9	15+ F
						9	13-14 M				
						9	11-12 M				
						9	10U F				
E	2:25 - 2:45			JE	F	9	11-12 F			9	10U F
										9	10U F
										9	13-14 M
F	2:45 - 3:15	10	13-14 F			8	15+ F			9	11-12 M
G	3:15 - 3:45	10	13-14 F			8	13-14 F			9	11-12 F
						8	10U F				
H	3:45 - 4:15	10	15+ M			8	15+ M			9	13-14 F
						8	13-14 M				
I	4:15 - 4:45	10	15+ M			7	9-10 F			9	15+ M
						7	11-12 M				
J	4:45 - 5:15	10	15+ F			7	11-12 F			6	9-10 F
K	5:15 - 5:45	10	15+ F			7	13-14 F			5	9-10 F
L	5:45 - 6:15	10	15+ F	6:15 - 7:15		7	15+ F			5	9-10 F
M	6:15 - 6:45	10	11-12 F	SE/ OE/ JE M		7	9-10 M			5	11-12 F
						7	13-14 M			5	13-14 F
						7	15+ M				

SATURDAY FEBRUARY 25, 2017

FLIGHT	TIME	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	DM-A	LVL	DM-B
N	6:45 - 7:15	10	11-12 F	WARM UP		6	9-10 F			5	8U F
		10	10U F							5	8U M
		10	11-12 M							5	11-12 M
		10	13-14 M							5	13-14 M

SESSION 6

A	7:15 - 7:35			SE	F	5	11-12 M			4	8U F
						5	13-14 M			4	11-12 F
						5	15+ M				
B	7:35 - 7:55			SE	M	6	11-12 F			4	9-10 F
										4	9-10 M
C	7:55 - 8:15			OE	M	6	11-12 F			2	All ages M/F
										1	All ages M/F
D	8:15 - 8:35			JE	M	6	13-14 F				
E	8:35 - 8:55			OE	F	6	13-14 F				

WARM UP PROCEDURES

ELITE LEVELS

JO LEVELS

YE - JE - OE - SE		Level 10	Level 8-9	Level 1 - 7
Trampoline:	1 hour + 1 touch	2 Touch	2 Touch	2 Touch
Double Mini	1 hour + 2 Passes	4 Passes	3 Passes	2 Passes
Tumbling	1 hour + 2 Passes	4 Passes	3 Passes	2 Passes

SUNDAY FEBRUARY 26, 2017

Flight	Time	LVL	TR-A	LVL	TR-B	LVL	TU-A	LVL	DM-A	LVL	DM-B
SESSION 7											
A	9:00 - 9:45	10	15+ M	2	6U F	6	11-12 M				
				2	7-8 F	6	13-14 M				
				1	6U F						
B	9:45 - 10:05	10	15+ F	3	7-8 F	6	15+ F				
				3	9-10 F						
C	10:05 - 10 :25	10	11-12 F	4	8U F	5	9-10 F				
				4	11-12 F						
D	10:25 - 10:45	10	13-14 F	4	9-10 F	5	13-14 F				
				4	9-10 M	5	15+ F				
E	10:45 - 11:05	10	10U F	5	11-12 F	5	8U F				
		10	11-12 M	5	13-14 F	5	9-10 M				
		10	13-14 M								
F	11:05 - 11:25	7	13-14 F	5	9-10 F	5	11-12 F				
				5	9-10 M						
G	11:25 - 11:45	7	13-14 F	5	9-10 F	4	8U F				
						4	8U M				
						4	11-12 M				
						4	13-14 M				
						4	15+ M				
H	11:45 - 12:05			5	8U F	4	9-10 F				
				5	11-12 M	4	9-10 M				
				5	13-14 M						
I	12:05 - 12:25					4	11-12 F				
						4	13-14 F				
J	12:25 - 12:45					2	All ages M/F				
						3	11+ F				
						3	6U F				
K	12:45 - 1:05					3	7-8 F				
L	1:05 - 1:25					3	9-10 F				