



2013 National Championships Training Schedule

Team Training Schedule

- Training for JO and Elite athletes will be on Friday & Saturday, July 26th & 27th. Coaches and athletes will be required to display credentials for admission to the training areas.
- Each club has one one 90 minute training session on the competition floor, per the schedule below. Time is allocated for 10 minutes of warm-up in the session, and for each routine to be performed ONCE. Routines are performed using the competition music player and music uploaded to the OTSM.
- Each club also has one 2 hour training session on either the warm-up or training floor, per the schedule below. In addition to
- Athletes and coaches may enter the training area 15 minutes before their session for stretching on the carpet bonded foam.
- Team and pair/group photos will be taken in the photography area either before or after the first training session. Athletes should wear club or national team warm-ups.
- All pair/groups must be measured. Sizing will be done in the warm-up floor area immediately following the team's first training session. Coaches should be present with athletes during measurements and know at that time if a size penalty is being accessed.

	<u>Competition Floor</u>	<u>Warm-Up Floor</u>	<u>Training Floor</u>
1CLASS	Friday 09:00 AM - 10:30 AM	Saturday 12:00 PM - 02:00 PM	
AA	Friday 04:30 PM - 06:00 PM		Saturday 08:00 AM - 10:00 AM
AE	Saturday 02:00 PM - 03:30 PM	Friday 11:30 AM - 01:30 PM	
AGSA	Saturday 03:30 PM - 05:00 PM		Friday 01:30 PM - 03:30 PM
AHGA	Saturday 12:30 PM - 02:00 PM	Friday 03:30 PM - 05:30 PM	
ATA - L	Saturday 09:30 AM - 11:00 AM	Friday 09:30 AM - 11:30 AM	
ATA - U	Saturday 11:00 AM - 12:30 PM	Friday 11:30 AM - 01:30 PM	
BGC	Saturday 12:30 PM - 02:00 PM	Friday 01:30 PM - 03:30 PM	
CATT	Friday 12:00 PM - 01:30 PM		Saturday 10:00 AM - 12:00 PM
CCG	Saturday 11:00 AM - 12:30 PM	Friday 03:30 PM - 05:30 PM	
CCOAST	Friday 03:00 PM - 04:30 PM		Saturday 12:00 PM - 02:00 PM
Chance	Saturday 12:30 PM - 02:00 PM	Friday 09:30 AM - 11:30 AM	
EAGC	Saturday 08:00 AM - 09:30 AM		Friday 11:30 AM - 01:30 PM
EDGE	Friday 06:00 PM - 07:30 PM		Saturday 02:00 PM - 04:00 PM
EMPIRE	Friday 01:30 PM - 03:00 PM	Saturday 02:00 PM - 04:00 PM	
FLIP	Friday 03:00 PM - 04:30 PM		Saturday 12:00 PM - 02:00 PM
GOSA	Saturday 02:00 PM - 03:30 PM	Friday 03:30 PM - 05:30 PM	
H2H	Friday 01:30 PM - 03:00 PM		Saturday 02:00 PM - 04:00 PM
HEG	Friday 04:30 PM - 06:00 PM	Saturday 10:00 AM - 12:00 PM	
IGC	Saturday 09:30 AM - 11:00 AM		Friday 09:30 AM - 11:30 AM
KAF	Friday 12:00 PM - 01:30 PM	Saturday 02:00 PM - 04:00 PM	
LEAPS	Saturday 08:00 AM - 09:30 AM	Friday 03:30 PM - 05:30 PM	
MAATT	Friday 07:30 AM - 09:00 AM		Saturday 08:00 AM - 10:00 AM
MCSA	Friday 10:30 AM - 12:00 PM		Saturday 12:00 PM - 02:00 PM
Nolagym	Saturday 03:30 PM - 05:00 PM	Friday 09:30 AM - 11:30 AM	
PA	Friday 04:30 PM - 06:00 PM	Saturday 08:00 AM - 10:00 AM	
PCE	Friday 06:00 PM - 07:30 PM	Saturday 10:00 AM - 12:00 PM	
Realis	Friday 10:30 AM - 12:00 PM		Saturday 12:00 PM - 02:00 PM
RSAC	Friday 03:00 PM - 04:30 PM	Saturday 02:00 PM - 04:00 PM	
SACS	Friday 03:00 PM - 04:30 PM	Saturday 10:00 AM - 12:00 PM	
SKY	Friday 07:30 AM - 09:00 AM		Saturday 10:00 AM - 12:00 PM
SSYMCA	Saturday 02:00 PM - 03:30 PM	Friday 01:30 PM - 03:30 PM	
USAAA	Friday 10:30 AM - 12:00 PM	Saturday 08:00 AM - 10:00 AM	
VWAG	Saturday 02:00 PM - 03:30 PM	Friday 09:30 AM - 11:30 AM	
WCTC	Saturday 09:30 AM - 11:00 AM		Friday 09:30 AM - 11:30 AM
WOGA	Friday 12:00 PM - 01:30 PM	Saturday 08:00 AM - 10:00 AM	
XTR	Friday 01:30 PM - 03:00 PM		Saturday 02:00 PM - 04:00 PM