

**Levels 8, 9, 10 Team Training - HiVee Hall B**  
**Monday, June 20, 2022 9:00AM-7:00PM**

The training sessions will allow for each group of clubs to have 30 minutes each on the stretching floor, warm up floor and competition floor. Each pair/group will have time to run 1 routine on the competition floor. It is up to each group of clubs to determine routine order. Routine order will be submitted when the clubs transition between the warm up floor and the competition floor. Music will only be allowed on the competition floor.

<b>Clubs</b>	<b>Stretching Floor In</b>	<b>Stretching Floor Out</b>	<b>Warm Up Floor In</b>	<b>Warm Up Floor Out</b>	<b>Competition Floor In</b>	<b>Competition Floor Out</b>
Ariels Athletics (4), Chance's Pride (3)	9:00 AM	9:30 AM	9:30 AM	10:00 AM	10:00 AM	10:30 AM
Columbia Acro & Tumbling (4), Crescent City (4),	9:30 AM	10:00 AM	10:00 AM	10:30 AM	10:30 AM	11:00 PM
Empire Gymnastics (4), Mid America Acro & Tumbling (4)	10:00 AM	10:30 AM	10:30 AM	11:00 AM	11:00 AM	11:30 PM
Show Me Acro (5), Aspire Kids (2)	10:30 AM	11:00 AM	11:00 AM	11:30 AM	11:30 AM	12:00 PM
First State (1), International Gymnastics Centre (2), Indigo (4)	11:00 AM	11:30 AM	11:30 AM	12:00 PM	12:00 PM	12:30 PM
Paramount Tumbling & Acro (3), WOGA (3), NOLA (2)	11:30 AM	12:00 PM	12:00 PM	12:30 PM	12:30 PM	1:00 PM
Cal Elite Kids (3), Ultimate Kids (1), Central Coast Gymnastics (1), Gymnastics of San Antonio (2),	12:00 PM	12:30 PM	12:30 PM	1:00 PM	1:00 PM	1:30 PM
West Coast (7)	12:30 PM	1:00 PM	1:00 PM	1:30 PM	1:30 PM	2:00 PM
Aerial Tumbling and AcroGymnastics (5), Paramount Sports Complex (3)	1:00 PM	1:30 PM	1:30 PM	2:00 PM	2:00 PM	2:30 PM
Realis (6), So Cal TTC (2)	1:30 PM	2:00 PM	2:00 PM	2:30 PM	2:30 PM	3:00 PM
Acrobatic Gymnastics of San Antonio (6), AGC Las Vegas (1)	2:00 PM	2:30 PM	2:30 PM	3:00 PM	3:00 PM	3:30 PM
Superior Acro (3), Acro Explosion (4)	2:30 PM	3:00 PM	3:00 PM	3:30 PM	3:30 PM	4:00 PM
Tumble U (5), Technique (3)	3:00 PM	3:30 PM	3:30 PM	4:00 PM	4:00 PM	4:30 PM
Emilias Acro Gymnastics and Cheer (7)	3:30 PM	4:00 PM	4:00 PM	4:30 PM	4:30 PM	5:00 PM
Emilias Acro Gymnastics and Cheer (4), Capital Acrobatics (3)	4:00 PM	4:30 PM	4:30 PM	5:00 PM	5:00 PM	5:30 PM
Xtreme (8)	4:30 PM	5:00 PM	5:00 PM	5:30 PM	5:30 PM	6:00 PM
International Elite (7)	5:00 PM	5:30 PM	5:30 PM	6:00 PM	6:00 PM	6:30 PM
Boerne Gymnastics (6), Panhandle Perfection (1)	5:30 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	7:00 PM

**11-16 - Elite Training (with Music) - Wells Fargo Arena****Tuesday, June 21, 2022 1:00-9:00 PM**

<b>Club</b>	<b>Warm Up Floor In</b>	<b>Warm Up Floor Out</b>	<b>Competition Floor In</b>	<b>Competition Floor Out</b>
AGC Las Vegas (2), SoCal TTC (3), Aspire (1)	1:00 PM	1:45 PM	1:50 PM	2:45 PM
Realis (6)	1:55 PM	2:45 PM	2:50 PM	3:45 PM
Acro Explosion (2), Technique (4)	2:50 PM	3:45 PM	3:50 PM	4:45 PM
AGSA (4), MAATT (1)	3:45 PM	4:45 PM	4:50 PM	5:45 PM
Boerne Gymnastics Center (1), Paramount Tumbling & Acro (1), International Gymnastics Center (1), Xtreme (3)	4:40 PM	5:45 PM	5:50 PM	6:45 PM
ATA (1), Show Me (1), West Coast (1), First State (1), Cal Elite (1)	5:35 PM	6:45 PM	6:50 PM	7:45 PM
EAGC (6)	6:30 PM	7:45 PM	7:50 PM	8:45 PM

**11-16 - Elite Training (without Music) - America's Center Dome****Wednesday, June 22, 2022 8:00 AM-4:30 PM**

<b>Club</b>	<b>Warm Up Floor In</b>	<b>Warm Up Floor Out</b>	<b>Competition Floor In</b>	<b>Competition Floor Out</b>
ATA (1), Show Me (1), West Coast (1), First State (1), Cal Elite (1)	8:00 AM	8:45 AM	8:50 AM	9:45 AM
EAGC (6)	8:55 AM	9:45 AM	9:50 AM	10:45 AM
Realis (6)	9:50 AM	10:45 AM	10:50 AM	11:45 AM
Xtreme (3), SoCal TTC (3)	10:45 AM	11:45 AM	11:50 AM	12:45 PM
Acro Explosion (2), Technique (4)	11:40 AM	12:45 PM	12:50 PM	1:45 PM
AGC Las Vegas (2), Boerne Gymnastics Center (1), Aspire (1), Paramount Tumbling & Acro (1), International Gymnastics Center (1)	12:35 PM	1:45 PM	1:50 PM	2:45 PM
AGSA (4), MAATT (1)	1:30 PM	2:45 PM	2:50 PM	3:45 PM