

Power TeamGym Level 3

2:15pm Open Stretch- Warm up Area Westbend on Floor 15 min
 2:20pm Coaches Meeting
 2:35pm Timed Warmups

Warm up Rotation

<i>Rotation times</i>	<i>TUMBLING</i>	<i>VAULT</i>	<i>MINI TRAMP</i>	<i>FLOOR EXERCISE</i>
2:35	Aurora Cup Cakes	Showcase Purple Flames	Gymtrix Velocity	Fliptastic Embers
2:39	Baystate Blue Lightning	Aurora Cup Cakes	Showcase Purple Flames	Gymtrix Velocity
2:43	Believe Acronauts	Baystate Blue Lightning	Aurora Cup Cakes	Showcase Purple Flames
2:47	Broderick Charisma	Believe Acronauts	Baystate Blue Lightning	Aurora Cup Cakes
2:51	Charlot Blue Diamonds	Broderick Charisma	Believe Acronauts	Baystate Blue Lightning
2:55	Columbia Galaxies	Charlot Blue Diamonds	Broderick Charisma	Believe Acronauts
2:59	Fallbrook Purple Unicorns	Columbia Galaxies	Charlot Blue Diamonds	Broderick Charisma
3:03	Fliptastic Embers	Fallbrook Purple Unicorns	Columbia Galaxies	Charlot Blue Diamonds
3:07	Gymtrix Velocity	Fliptastic Embers	Fallbrook Purple Unicorns	Columbia Galaxies
3:11	Showcase Purple Flames	Gymtrix Velocity	Fliptastic Embers	Fallbrook Purple Unicorns

March in Time: 3:25

Jump Event

Aurora Cup Cakes
 Believe Acronauts
 Charlot Blue Diamonds
 Fallbrook Purple Unicorns
 Gymtrix Velocity
 Baystate Blue Lightning
 Broderick Charisma
 Columbia Galaxies
 Fliptastic Embers
 Showcase Purple Flames

Floor Event

Baystate Blue Lightning
 Broderick Charisma
 Columbia Galaxies
 Fliptastic Embers
 Showcase Purple Flames
 Aurora Cup Cakes
 Believe Acronauts
 Charlot Blue Diamonds
 Fallbrook Purple Unicorns
 Gymtrix Velocity

March in Order

Aurora Cup Cakes
 Baystate Blue Lightning
 Broderick Charisma
 Believe Acronauts
 Charlot Blue Diamonds
 Columbia Galaxies
 Fallbrook Purple Unicorns
 Fliptastic Embers
 Gymtrix Velocity
 Showcase Purple Flames

Performance by Westbend Dance Tumbling Troupe "Lightning"

Thursday