

Power TeamGym Level 4

- 8:00am Open Stretch
- 8:05am Coaches Meeting
- 8:20am Timed Warmups

Warm up Rotation

Rotation times	TUMBLING	VAULT	MINI TRAMP	FLOOR EXERCISE
8:20	Baystate Dark Thunder	Showcase Purple Skittles	La Jolla Envy	GymTriX Catalyst
8:25	Birons Vision	Baystate Dark Thunder	Showcase Purple Skittles	La Jolla Envy
8:30	Broderick Elite	Birons Vision	Baystate Dark Thunder	Showcase Purple Skittles
8:35	GymTriX Catalyst	Broderick Elite	Birons Vision	Baystate Dark Thunder
8:40	La Jolla Envy	GymTriX Catalyst	Broderick Elite	Birons Vision
8:45	Showcase Purple Skittles	La Jolla Envy	GymTriX Catalyst	Broderick Elite

March in Time: 9:00am

Jump Event

- Baystate Dark Thunder
- Broderick Elite
- La Jolla Envy
- Birons Vision
- GymTriX Catalyst
- Showcase Purple Skittles

Floor Event

- Birons Vision
- GymTriX Catalyst
- Showcase Purple Skittles
- Baystate Dark Thunder
- Broderick Elite
- La Jolla Envy

March In Order

- Baystate Dark Thunder
- Birons Vision
- Broderick Elite
- GymTriX Catalyst
- La Jolla Envy
- Showcase Purple Skittles

Friday