

Power TeamGym Levels 5 and 6

1:45pm Open Stretch *Westbend Warm up*
 1:50pm Coaches Meeting
 2:05 Timed Warmups

Warm up Rotation

Rotation times	TUMBLING	VAULT	MINI TRAMP	FLOOR EXERCISE
2:05	Baystate Night Riders	Showcase Purple Flash	Birons Vortex	Baystate 10 Piece
2:10	Fliptastic Ignite	Baystate Night Riders	Showcase Purple Flash	Birons Vortex
2:15	GymTrix Voltage	Fliptastic Ignite	Baystate Night Riders	Showcase Purple Flash
2:20	La Jolla Desire	GymTrix Voltage	Fliptastic Ignite	Baystate Night Riders
2:25	Showcase Vipers	La Jolla Desire	GymTrix Voltage	Fliptastic Ignite
2:30	Baystate 10 Piece	Showcase Vipers	La Jolla Desire	GymTrix Voltage
2:35	Birons Vortex	Baystate 10 Piece	Showcase Vipers	La Jolla Desire
2:40	Showcase Purple Flash	Birons Vortex	Baystate 10 Piece	Showcase Vipers

March in Time: 3:00

Jump Event

Baystate Night Riders
 GymTrix Voltage
 ShowcasePurple Vipers
 Birons Vortex
 Fliptastic Ignite
 La Jolla Desire
 Baystate 10 Piece
 Showcase Purple Flash

Floor Event

Fliptastic Ignite
 La Jolla Desire
 Baystate 10 Piece
 Showcase Purple Flash
 Baystate Night Riders
 GymTrix Voltage
 Showcase Vipers
 Birons Vortex

March In Order

Baystate Night Riders
 Baystate 10 Piece
 Birons Vortex
 GymTrix Voltage
 Fliptastic Ignite
 La Jolla Desire
 Showcase Purple Flash
 ShowcasePurple Vipers

Performance by Westbend Dance Tumbling Troupe

Friday