

Power TeamGym Level 8

- 4:00 Open Stretch
- 4:05 Coaches Meeting
- 4:30 Timed Warmups

Warm up Rotation

<i>Rotation times</i>	<i>TUMBLING</i>	<i>VAULT</i>	<i>MINI TRAMP</i>	<i>FLOOR EXERCISE</i>
4:30	Birons Velocity	Fliptastic Fuego	Showcase The Bruisers	Birons Velocity
4:37	Fliptastic Catalyst	Birons Velocity	Fallbrook Squirrels	Fliptastic Catalyst
4:44	Showcase The Bruisers	Fliptastic Catalyst	Birons Velocity	Showcase The Bruisers
4:51	Fallbrook Squirrels	Showcase The Bruisers	Fliptastic Catalyst	Birons Velocity
4:58	Fliptastic Fuego	Fallbrook Squirrels	Showcase The Bruisers	Fliptastic Catalyst

March in Time: 5:10

Tumbling Event

Birons Velocity
Fliptastic Catalyst
Showcase The Bruisers
Fallbrook Squirrels
Fliptastic Fuego

Trampet Event

Fliptastic Fuego
Birons Velocity
Fliptastic Catalyst
Showcase The Bruisers
Fallbrook Squirrels

Floor Event

Fallbrook Squirrels
Fliptastic Fuego
Birons Velocity
Fliptastic Catalyst
Showcase The Bruisers

- March In Order
- Birons Velocity
- Fallbrook Squirrels
- Fliptastic Catalyst
- Fliptastic Fuego
- Showcase The Bruisers

Friday