

**2019 USA Gymnastics Championships
T&T TRAINING SCHEDULE**

Monday, July 1, 2019

12:00 PM - 5:50 PM	Level 9 & 10 (See Club Assignments on Next Page)	Hy-Vee Hall C
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5:30 PM - 7:30 PM	All Levels of Synchro	Hy-Vee Hall C
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Tuesday July 2, 2019

1:30 PM - 6:00 PM	Youth Elite, Open Elite, Junior and Seniors	Wells Fargo Arena
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Wednesday, July 3, 2019

9:00 AM - 5:00 PM	Youth Elite, Open Elite, Junior and Seniors	Wells Fargo Arena
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Thursday, July 4, 2019

10:00 AM - 12:00 PM	Seniors Only	Wells Fargo Arena
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Friday, July 5, 2019

10:00 AM - 12:00 PM	Seniors Only	Wells Fargo Arena
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Saturday, July 6, 2019

10:00 AM - 12:00 PM	Seniors Only	Wells Fargo Arena
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**Monday July 1, 2019
Level 9 & 10 Assigned Training
Hy-Vee Hall C**

Training Group A 12:30 PM - 1:50 PM (stretch at 12:00 PM)	Training Group B 1:50 PM - 3:10 PM (stretch at 1:20 PM)	Training Group C 3:10 PM - 4:30 PM (stretch at 2:40 PM)	Training Group D 4:30 PM - 5:50 PM (stretch at 4:00 PM)
STLE	360iGym	ETA	Legacy T&T
Summit Springers	3TI	EWA Prosper	Let It Shine
Suncoast TNT	Acrospirits	Fairland Gymnastics	M and M Gymnastics
SunDance T&T	Air Extreme	Faith Flip	Manning Gymnastics
Sunflower Gymnastics	Air Sports	Flights Cool	MEGA-DC
T&T Express	Airbenders	Flip Factory TNT	Midwest Training
TAG USA	Airborn Xtreme	Flip Force NC	Mile High Gymnastics
Tatarus Gymnastics	Airborne Academy	Flipside Tumbling	Millers Gymnastics
Team Legacy	Airborne Colorado	FOND	Miss Maria's
Technique	All American	For the Kidz	MJM Studios
TEG	American Airborne	Funtastic	MTGA
Texas Twisters	Amplify Gymnastics	G-Force Gymnastics	N.Star Bounders
TG Sports	Aspire	Garden State	Naples Progressive
The Flip Shop	Aspire Gymnastics	GFI South	Northstars
The Palaestra	Cabarrus County	Giguere Gymnastics	Northwest Aerials
Top Star	Capital Gymnastics	GKSC	Novaks
Tornado Sport Club	Carolina Elite	Go For It USA	NVG
Trevinos	CCT&T	GOSA	Old Pueblo
Tumble Tech	Champion	Gymagic	OXT
Tumbleweeds	Champions Westlake	Gymfinity	Park Avenue Gym
Twist and Shout	CIA	Gymnast Factory	Powerhouse
TwistStars	CIGA	Gymnastics Du Sol	Premier Athletics
TX Tumblers	Clovis Gymnastics	Gypsy Flyers BP	Premier Gymnastics
Ultimate Air	CW Twisters	Gypsy Flyers Eagan	Rocky Mountain
Unique Sports	Desert Gymcats	Hangtime TNT	Roots Gymnastics
Upsidedowners	DeVeau's	Hawaii	SGA Ballard
Vargas Academy	Dulles Gymnastics	HGC	SGT
W TX TNT EXPLOSION	Dynamite Academy	High Altitude	Silver Stars
Waller's GymJam	Dynamite Gymnastics	High Energy	Skywalkers
Wasatch	Eagle Gymnastics TX	IKG	So Cal TTC
Waxahachie	Edge Sports	Indigo	SoCo
WCC	Elite World	Integrity Athletics	Sonshine Academy
WHGF	Elmwood	KCTC	Sonshine Gymnastics
World Elite	eNeRGy	KMC Gymnastics	Southlake Gymnastics
World Elite Ontario	ESCX	Kris Power Tumbling	Springtime T&T
XAIR		Legacy Elite	Stars Gymnastics
Xtreme			Stingrays Marietta