



2017 TRAINING SCHEDULE

Monday, May 15 (Clubs staying from Region 4/5 Championship only)

	Warm-up carpet	Music 1 (competition floor)	Music 2 (Beige, red tape)
8:30-10:00	All Carpets Open – WARM-UP ONLY (NO Music) INT (3), Liberty (3), Princeton (1), Capital (1)		
10:00-10:50	INT (3)	Princeton (1), Capital (1)	Liberty (3)
10:50-11:40	Liberty (3)	INT (3)	Princeton (1), Capital (1)
11:40-12:30	Princeton (1), Capital (1)	Liberty (3)	INT (3)

Tuesday, May 16 (Clubs staying from Region 4/5 Championship only)

	Warm-up carpet	Music 1 (competition floor)	Music 2 (Beige, red tape)
8:30-10:00	All Carpets Open – WARM-UP ONLY (NO Music) INT (3), Liberty (3), Princeton (1), Capital (1)		
10:00-10:50	Liberty (3)	INT (3)	Princeton (1), Capital (1)
10:50-11:40	Princeton (1), Capital (1)	Liberty (3)	INT (3)
11:40-12:30	INT (3)	Princeton (1), Capital (1)	Liberty (3)

Wednesday, May 17

	Warm-up carpet	Music 1 (competition floor)	Music 2 (Beige, red tape)
8:30-10:30	Liberty (3), EMC (3)		
10:30-12:30	SDR (6), Euro (3), GRA (1), CYC (1)	Reserved	EMC (3), Liberty (3)
12:30-2:30	EMC (4), RALA (1), Princeton (1), Capital (1), INT (3)	SDR (6)	Euro (3), GRA (1), CYC (1)
2:30-4:30	CAR (8), ISA (6)	EMC (4), RALA (1)	Princeton (1), Capital (1), INT (3)
4:30-6:30	OPEN STRETCH ONLY FOR ANY CLUB NOT LISTED ABOVE (or any club who cannot make their assigned time)	ISA (6)	CAR (8)
6:30-8:30	OPEN TRAINING FOR ANY CLUB NOT LISTED ABOVE (NO MUSIC) (or any club who cannot make their assigned time)		

Thursday, May 18

	Warm-up carpet	Music 1 (competition floor)	Music 2 (Beige, red tape)
8:30-10:00	CAR (8), SDR (6), Princeton (1), CYC (1), EVG (1)	INSP (3), PHI (3)	Euro (3), ISRG (2), IGM (2),
10:00-11:30	LIB (5), NSR (8), GWOR (2)	CAR (8)	SDR (6), Princeton (1), CYC (1), EVG (1)
11:30-1:00	RMIX (5), ISA (8), INT (3)	LIB (5), GWOR (2)	NSR (8)
1:00-2:30	MIA (1), VIDA (4), TB (3), RArt (3), DYN (4), RStars (1)	ISA (8)	INT (3), RMIX (5),
2:30-4:00	MN (8), VITRY (12)	MIA (1), VIDA (4), TB (3)	RArt (3), DYN (4), RStars (1)
4:00-5:30	NSR (8), ISA (2), TCR (4), RRT (2)	MN (8)	VITRY (12)
5:30-7:00	OPEN STRETCH ONLY FOR ANY CLUB NOT LISTED ABOVE (or any club who cannot make their assigned time)	NSR (8)	ISA (2), TCR (4), RRT (2)
7:00-8:00	OPEN TRAINING FOR ANY CLUB NOT LISTED ABOVE (NO MUSIC) (or any club who cannot make their assigned time)		

Friday, May 19

	Competition floor
7:30am- 8:30am	Open training NO MUSIC for SR gymnasts staying on-site at the OTC only

Saturday, May 20

	Competition floor
7:30am- 8:30am	Open training NO MUSIC for SR gymnasts staying on-site at the OTC only