



### Competition Schedule

THURSDAY, MAY 16, 2019			
8:00 am - 8:00 pm	Competition Office Open		
8:00 am - 8:00 pm	Assigned Training		
Competition Cards are due at the end of each assigned training session			

FRIDAY MAY 17, 2019			
SESSION 1 PRELIMS			

8:00 - 9:00 am				General Warm up Session 1 - Elite athletes only								
8:30 am				Judges Meeting								
Time	TR-1			TU-1			DM-1			SYNC		
WARM-UP	2 touches - Elite 2 touches - LV 10						3 touches - Elite 3 touches - LV 10					
9:00 - 9:45	JR	M	8				SR	M	7			
							OE	M	5			
9:45 - 10:15	JR	M	8				SR	M	10			
10:15 - 10:45	YE	11-12M	7				SR	F	6			
10:45 - 11:15	YE	13-14M	6				SR	F	6			
							OE	F	1			
11:15 - 11:45	YE	13-14M	6				JR	F	10			
11:45 - 12:15							10	11-12M	8	WARM UP 2 TOUCHES Prelims / Finals		
										SR	F	6
										SR	M	5
12:15 - 12:45							10	11-12F	6			

FRIDAY, MAY 17, 2019			
SESSION 2 PRELIMS			

12:45 - 1:45 pm				General Warm Up Session 2 - Elite Athletes Only								
1:15 pm				Judges Meeting								
Time	TR-1			TU-1			DM-1			SYNC		
WARM-UP	2 Touches - Elite 2 Touches - LV 10			3 Touches - Elite 3 Touches - LV 10			3 Touches - Elite 3 Touches - LV 10					
1:45 - 2:30	SR	M	11	SR	F	9						
2:30 - 3:00	SR	M	11	OE	M	7						
				YE	11-12M	1						
				YE	13-14M	1						
3:00 - 3:30	SR	F	8	OE	F	5						
				JR	M	6						
3:30 - 4:00	SR	F	8	SR	M	11						
4:00 - 4:30	OE	F	8	YE	11-12F	1						
				JR	F	6						
4:30 - 5:00	OE	M	9	JR	F	7						
5:00 - 5:30	10	15+F	9	YE	13-14F	9						
5:30 - 6:00	10	15+F	9	10	15+M	6						
				10	15+F	4						
6:00 - 6:30	10	15+F	9	10	13-14F	5						
				10	13-14M	2						
6:30 - 7:00	10	15+F	9	DINNER								
7:00 - 7:30	DINNER											
7:30 - 8:00	YE	11-12F	7				10	15+F	10			
	10	10&UF	2									
8:00 - 8:30	10	11-12F	5				10	15+F	9			
	10	11-12M	4									
	10	10&UM	1									
8:30 - 9:00	10	13-14F	8				10	15+F	10			
9:00 - 9:30	10	13-14F	8				10	15+F	9			



Time	TR-1			TU-1			DM-1			SYNC		
11:00 - 11:20	10	15+M	8				10	15+F	8			
11:20 - 11:40	10	11-12M	4				10	13-14F	8	<b>WARM UP 2 TOUCHES</b>		
	10	11-12F	5							<b>Prelims &amp; Finals</b>		
11:40 - 12:00							10	13-14M	8	YE	13-14F	7
										YE	11-12M	2
										YE	11-12F	1
12:00 - 12:20							10	15+M	8			
										<b>WARM UP 1 TOUCH</b>		
										<b>Prelims NO Finals</b>		
12:30 - 1:15										10	14&UF	3
										10	14&UM	1
										10	15+F	8