



Thursday, February 28, 2019 Assigned Training



Friday, March 1, 2019

SESSION 1

8:00 - 9:00 am Session 1 Warm up - Elite Athletes Only

8:30 am - Judges Meeting

Date/Time	LV	TR-A	#	LV	TR-B	#	LV	TU A	#	LV	TU-B	#	LV	DM-A	#	LV	DM-B	#	LV	SY-A	#	LV	SY-B	#
9:00 - 9:45am	YE	13-14F	8	10	13-14F	9	JR	F	9				OE	M	8									
													OE	F	3									
9:45-10:30am	YE	13-14F	8	10	13-14F	8	JR	M	9				YE	11-12F	2									
													YE	11-12M	1									
													YE	13-14M	6									
10:30 - 11:00am	YE	13-14F	8		11-12F	8	OE	F	3							JR	M	7						
							OE	M	6															
11:00 - 11:30am	10	13-14M	11	Jr	F	8	YE	11-12F	1							JR	M	8						
							YE	11-12M	1															
11:30 - 12:00 pm				JR	F	9										JR	M	7						

SESSION 2

12:00 - 1:00 pm Session 2 Warm up - Elite Athletes Only

Date/Time	LV	TR-A	#	LV	TR-B	#	LV	TU A	#	LV	TU-B	#	LV	DM-A	#	LV	DM-B	#	LV	SY-A	#	LV	SY-B	#
1:00 - 1:45 pm	JR	M	9	10	15+M	10	SR	M	10				JR	F	10	10	13-14F	8						
																10	11-12M	4						
1:45 - 2:30 pm	JR	M	9	10	15+M	10	SR	F	9				YE	13-14F	6	10	13-14F	8						
2:30 - 3:00 pm	OE	F	9	10	15+M	10	YE	13-14F	9				YE	13-4 F	5	10	11-12F	8						
							YE	13-14M	1															
3:00 - 3:30 pm	10	15+F	10	YE	11-12F	6	10	11-12F	2				10	15+M	6	SR	F	9						
				YE	11-12M	2	10	13-14F	3															
							9	13-14M	3															
3:30 - 4:00 pm	10	15+F	9	YE	13-14M	12	9	13-14F	10				10	15+M	9	SR	M	6						
* 4:00 - 4:30pm	10	15+F	10	10	11-12M	3	10	15+F	6				10	15+M	9	SR	M	6						
* 4:30 - 5:00 pm	10	15+F	10					10	13-14M	3						9	11-12F	6	9	11-12M	4			
																9	10&UM	2						
5:00 - 5:30 pm							10	15+M	10							9	11-12F	7						

SESSION 3

5:30 - 6:30 pm Session 3 Warm up - Elite Athletes only

Date/Time	LV	TR-A	#	LV	TR-B	#	LV	TU A	#	LV	TU-B	#	LV	DM-A	#	LV	DM-B	#	LV	SY-A	#	LV	SY-B	#
6:30 - 7:15 pm	SR	M	8							9	10&UM	1	10	13-14M	11	9	13-14F	8						
										9	11-12M	4												
7:15 - 8:00 pm	SR	M	8							9	11-12F	9	10	15+F	9	9	13-14F	8						
8:00 - 8:30 pm				SR	F	7				9	15+M	10	10	15+F	9	9	13-14F	8						Sync Warm Up
8:30 - 9:00 pm				SR	F	6				8	13-14F	10	10	15+F	10	9	15+M	7	9	13+F	3			
																			10	14&UF	1			
																			10	15+F	4			
																			10	14&UM	1			
9:00 - 9:30 pm				OE	M	12				8	13-14F	10	10	15+F	9	9	13-14M	8						

SESSION 4

Saturday, March 2, 2019
Judges Meeting 7:30 am

	LV	TR-A	#	LV	TR-B	#	LV	TU A	#	LV	TU-B	#	LV	DM-A	#	LV	DM-B	#	LV	SY-A	#	LV	SY-B	#	
8:00 - 8:30 am	9	15+F	8	8	15+F	8							8	13-14F	9	6	11-12F	11							
				8	11-12M	3																			
8:30 - 9:00 am	9	15+F	9	8	15+F	7							8	13-14F	8	5	11-12F	10							
9:00 - 9:20 am	9	15+F	8	8	15+M	7			9	15+F	9	8	13-14F	9	5	11-12F	10								
9:20 - 9:40 am	9	11-12F	9	8	11-12F	7			9	15+F	9	8	15+F	10	7	15+F	6								
															7	15+M	4								
9:40 - 10:00 am	9	13-14F	7	8	11-12F	7			8	15+M	7	8	15-F	11	7	15+F	5								
									8	13-14M	4														
10:00 - 10:20 am	9	13-14F	7	8	13-14F	7			8	11-12F	7	8	13-14M	6	4	11-12F	6								
									8	10&UF	2	8	15+M	5	2	11+F	2								
10:20 - 10:40 am	9	13-14F	7	8	13-14F	7			8	11-12F	7	8	11-12F	10	5	13-14F	6								
									8	11-12M	2														
10:40 - 11:00 am	9	10&UM	2	8	13-14F	7			8	15+F	10	8	11-12F	9	9	15+F	10								
	9	11-12M	1																						
11:00 - 11:20 am	9	13-14M	4	8	13-14M	5			8	15+F	10				9	15+F	10								
	9	15+M	3																						

SESSION 5

11:30 - 12:30 pm Session 5 Warm-up Finalist

	LV	TR-A	#	LV	TR-B	#	LV	TU A	#	LV	TU-B	#	LV	DM-A	#	LV	DM-B	#	LV	SY-A	#	LV	SY-B	#	
12:30 - 1:00 pm	YE	13-14F	8				OE	M	6				OE	F	3										
													YE	13-14M	6										
1:00 - 1:30 pm	OE	F	8				YE	11-12M	1				OE	M	8										
							YE	13-14M	1																
							YE	11-12F	1																
1:30 - 2:00 pm				OE	M	8	YE	13-14F	8				YE	11-12F	2										
													YE	11-12M	1										
2:00 - 2:30 pm				YE	11-12F	6	OE	F	3				YE	13-14F	8										
				YE	11-12M	2																			
2:30 - 3:00 pm				YE	13-14M	6																			
3:00 - 4:00 pm																									
4:00 - 4:30 pm																				YE	13-14F	5	JR	F	5
																			JR	M	2	YE	13-14M	4	
																			OE	F	2				
																			OE	M	1				
4:30 - 5:00 pm																							YE	11-12F	1
																							YE	11-12M	2

SESSION 6

5:00 - 6:00 pm Session 6 Warm-up Finalist

	LV	TR-A	#	LV	TR-B	#	LV	TU A	#	LV	TU-B	#	LV	DM-A	#	LV	DM-B	#	LV	SY-A	#	LV	SY-B	#	
6:00 - 6:30 pm	SR	M	8				JR	F	8																
6:30 - 7:00 pm	JR	M	8				SR	F	8				JR	F	8										
7:00 - 7:30 pm				SR	F	8	SR	M	8							JR	M	8							
7:30 - 8:00 pm				JR	F	8	JR	M	8				SR	M	8										
8:00 - 8:30 pm																SR	F	8	SR	F	1				
																SR	M	5							

