

## 2022 USA Gymnastics Championships T&T TRAINING SCHEDULE

MONDAY, JUNE 20, 2022

Level 9, 10 & Open Assigned Training

All Levels Synchronized Trampoline Training

Hy-Vee Hall C

<b>Training Group A-1</b>	<b>Training Group B</b>	<b>Training Group C</b>	<b>Training Group D</b>	<b>Training Group E</b>
<b>9:00 am - 10:00 am</b>	<b>11:00 am - 12:20 pm</b>	<b>12:20 pm - 1:40 pm</b>	<b>1:40 pm - 3:00 pm</b>	<b>3:00 pm - 4:20 pm</b>
<b>Stretching 8:30 am</b>	<b>Stretching 10:30 am</b>	<b>Stretching 11:50 am</b>	<b>Stretching 1:10 pm</b>	<b>Stretching 2:30</b>
Level 9 - 10 - Open	3TI	Naples Progressive	EWA	Summit Springers
Synchro Only	Action Athletics	Nook TNT	EXTREME	Suncoast T&T
	Agility	Northstars	Fairland	T&T Express
<b>Training Group A-2</b>	Air Extreme	NSAG-WI	Flip Factory	TAG USA
<b>10:00 am - 11:00 am</b>	Airbenders	NSB	FlipCity South	Tataru's
<b>Stretching 9:30 am</b>	Airborne Academy	NVG	Flipside	TCT
YE Synchro	Airborne Colorado	Old Pueblo	FOND	TDC Tumblers
JR Synchro	All American	OXT	Full Force	Team Legacy
IE Synchro	Alpha TnT	Phoenix Elite	GKSC	Technique
Sr Synchro	Aspire	Powerhouse	Gleasons	TEG
	Black Diamond	PPG	GSTA	TexStar
	Carolina Elite	Premier Athletics	Gymagic	The Palaestra
	Cavu	Premier Gymnastics	Gymnast Factory	Top Star
	CCT&T	Rays TnT	Hangtime	Tornado
	CEG	Rebounders	Helix	Tumble Tech
	Champions Westlake	Rocky Mountain	Hi-Flyers	Tumbling Elite
	CIGA	SGA Ballard	High Altitude	TWG
	CTR	SHINE	High Energy	TwistStars
	Culp	Showcase	High Flyers	Ultimate Air
	Desert Gymcats	Silver Stars	IGN	United Sports
	DeVeau's	Skywalkers	IKG	Upsidedowners
	Dulles Gymnastics	So Cal TTC	Integrity	USA Dynamites
	DUPG	Sonshine	K & L	USA Trampoline
	Dynamic	Southlake	KMC	Utah Valley
	Dynamite	Spark Athletics	Kris Power Tumbling	Vargas Academy
	Eagle	StarMakers	Legacy Elite	Wasatch
	Edge Sports	Stars	Legacy T&T	WCC
	Elevated	Gymfinity	Legacy Training Ctr.	World Elite
	Elite World	Stick It Gym	Let It Shine	Zero Gravity
	Elmwood	STLE	LGA T&T	Zia Elite
	eNeRGy	Studio L	M and M	
	ESCX		MGA	
	ETA		Midwest Training	
	Aspire Gymnastics		MJM Studios	
			MTGA	

**2022 USA Gymnastics Championships  
T&T TRAINING SCHEDULE**

**Monday June 20, 2022**

9:00 am - 11:00 am	All levels of Synchro	Hy-Vee Hall C
11:00 am - 4:20 pm	Level 9, 10 & Open	Hy-Vee Hall C
	See Club Assignment	

**Tuesday, June 21, 2022**

1:30 pm - 9:00 pm	YE, JR, IE, SR	Wells Fargo Arena
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**Wednesday, June 22, 2022**

9:00 am - 9:00 pm	YE, JR, IE, SR	Wells Fargo Arena
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**Thursday, June 23, 2022**

9:00 am - 12:00 pm	YE, JR, IE, SR	Wells Fargo Arena
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**Friday, June 24, 2022**

9:00 am - 10:30 am	Senior Only	Wells Fargo Arena
10:30 am - 11:25 am	IE TU & DM only	Wells Fargo Arena
11:30 am - 12:30 pm	IE TR Only	Wells Fargo Arena

**Saturday, June 25, 2022**

9:00 am - 12:00 pm	Senior Only	Wells Fargo Arena
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