



Competition Schedule

THURSDAY, APRIL 21, 2022	
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, APRIL 22, 2022	
SESSION 1 PRELIMS	

Time	TR-A	TR-B	TU-A	DM-A	SY-A
8:00 - 9:00 am	Warm up Session 1 Elite Athletes Only				
9:30 am	Judges Meeting				
Warm-up	2 touches - Elite	2 touches - Elite		3 touches - Elite	
A 9:00 - 9:45	YE 13-14F	YE 13-14F		JR F	
		YE 11-12F			
B 9:45 - 10:15		YE 13-14F		JR F	
		YE 13-14M			
C 10:15 - 10:45		YE 13-14M		JR M	
D 10:45 - 11:15	IE F			JR M	
E 11:15 - 11:45	IE F			YE 13-14M	
F 11:45 - 12:15	IE M			YE 13-14F	
	IE F			YE 11-12F	
G 12:15 - 12:45	IE M				

FRIDAY, APRIL 22, 2022	
SESSION 2 PRELIMS	

Time	TR-A	TR-B	TU-A	DM-A	SY-A
1:00 - 2:00 pm	Warm Up Session 2 Elite Athlete Only				
1:30 pm	Judges Meeting				
Warm-up	2 Touches - Elite	2 Touches - Elite	3 Touches - Elite	3 Touches - Elite	
A 2:00 - 2:45	SR M		JR F	SR F	
B 2:45 - 3:15	SR M		10 11-12F	SR F	
			YE 11-12F		
			YE 13-14F		
C 3:15 - 3:45	SR M		JR M	IE M	
			YE 13-14M	IE F	
D 3:45 - 4:15	SR F		10 15-16M	IE M	
			10 13-14M		
E 4:15 - 4:45		JR M	OP 17-21M	SR M DMT WARM UP	
			OP 22+M		
F 4:45 - 5:15		JR M	10 15-16M		
			10 13-14 M		
G 5:15 - 5:45		** JR F		SR M	
H 5:45 - 6:15		** JR F	Warm up SR / IE		
Warm-up	2 Touches - Elite	2 Touches - Elite	3 Touches - Elite	3 Touches - Elite	
I 6:15 - 6:45	SYNCHRO WARM UP	SYNCHRO WARM UP	Warm up Cont	SR M	SYNCHRO WARM UP
J 6:45 - 7:15			SR W	SR M	
K 7:15 - 7:45			IE M	OP 17-21F	TRA A SR M
			SR M		TRA A SR W
					TRA A IE F
					TRA A IE M
L 7:45 - 8:15			SR M	OP 17-21F	TRA B YE 13-14F
					TRA B YE 13-14M
					TRA B SR M
M 8:15 - 8:45			IE F	OP 17-21M	TRA B JR F
			SR W	OP 22+M	TRA B JR M

SATURDAY, APRIL 23, 2022	
SESSION 3 PRELIMS	

Time	TR-A	TR-B	TU-A	DM-A	SY-A
8:30 am	Judge's Meeting				
Warm up	2 Touches - LV 10	2 Touches - LV 10	3 Touches - LV 10	3 Touches - LV 10	
A 9:00 - 9:45	10 15-16F			10 15-16M	
B 9:45 - 10:15	10 15-16F			10 15-16M	
C 10:15 - 10:45	10 15-16F			10 11-12F	
				10 10UF	
D 10:45 - 11:15	10 15-16M		10 15-16F	10 15-16F	
			10 13-14F		
E 11:15 - 11:45		OP 17-21M	OP 17-21F	10 15-16F	
		OP 22+M			
F 11:45 - 12:15		OP 17-21M	ELITE FINALS TRAINING	10 15-16F	
		OP 22+F			
G 12:15 - 12:45	LUNCH	LUNCH		LUNCH	
H 12:45 - 1:15		OP 17-21F	SR M	10 13-14F	
I 1:15 - 1:45		10 10UF	SR F	10 13-14F	
		10 11-12M			
		10 13-14M			

J	1:45 - 2:15			10	11-12F		IE	M		10	13-14M				
K	2:15 - 2:45	10	13-14F				IE	F		10	13-14M				
L	2:45 - 3:15	10	13-14F				JR	F							
M	3:15 - 3:45			10	11-12F		JR	M							
SATURDAY, APRIL 23, 2022															
SESSION 4 FINALS															
4:00 - 5:00 PM Warm Up Session 4 Finalist Only															
4:30 PM Judges Meeting															
Awards - Top 3 will receive awards at the completion of each flight															
Time	TR-A			TR-B			TU-A			DM-A			SY-A		
WARM-UP	1 Touch - Elite			1 Touch - Elite			3 Touches - Elite			3 Touches - Elite					
A 5:00 - 5:30	SR	M					YE	11-12F		DMT SR / IE FINALS TRAINING					
							YE	13-14F							
B 5:30 - 5:55	IE	M					YE	13-14M							
C 5:55 - 6:20	SR	F								SR	M				
D 6:20 - 6:55	IE	F								IE	M				
E 6:55 - 7:20				JR	F					SR	W				
F 7:20 - 7:45				JR	M					IE	W				
SUNDAY, APRIL 24, 2022															
SESSION 5 FINALS															
8:00 - 9:00 am Warm-up Session 5 Finalist only															
8:30 am Judge's Meeting															
Awards - Top 3 athletes will receive awards at the completion of each flight															
Time	TR-A			TR-B			TU-A			DM-A			SY-A		
WARM-UP	1 Touch - LV 10			1 Touch - LV 10			3 Touches - LV 10			3 Touches - LV 10					
A 9:00 - 9:30				YE	13-14F		OP	17-21F		JR	F				
				YE	11-12F										
B 9:30 - 9:55							OP	17-21M		JR	M				
							OP	22+M							
C 9:55 - 10:20							OP	17-21F		YE	13-14M				
										YE	11-12M				
D 10:20 - 10:45							OP	17-21M		YE	13-14F				
										OP	22+M				
E 10:45 - 11:10				10	11-12F					OP	17-21M				
F 11:10 - 11:35							OP	22+F		10	15-16M				
							OP	22+M							
G 11:35 - 12:00	LUNCH									10	11-12F				
H 12:00 - 12:25	10	15-16M								LUNCH					
I 12:25 - 12:55	10	13-14F								10	13-14M				
J 12:55 - 1:20	10	10UF								10	15-16F				
	10	11-12M													
	10	13-14M													
K 1:20 - 1:40	10	15-16F								10	10UF				
										10	13-14F				
L 1:40 - 2:05										OP	17-21F		TRA B	10	14UF
													TRA B	10	15+F
													TRA B	10	15+M
													TRA B	OP	F