

Region 4 Championships

Friday, May 5

6-7 PM Training - Elite Athletes
 7-8 PM Training - Levels 8 - Elite
 8:00 PM Competition Cards Due

Saturday, May 6

Session 1

8:00 AM Doors Open for Admission
 8:20-9:20 General Warm up (Elite & Level 10)
 8:40 AM Coaches and Judges Meeting

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Trampoline 3	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp	
9:20 AM							6U	L 1, 2, 3	13	11-12.	L 8 F	24	9-10.	L 5 M	36	13-14	L 9 F	48	13-14	L 8 F	55	
9:40 AM	15+	L 10 M	1	15+	L 8 M	7	7-8.	L 1, 2, 3M	14	11-12.	L 8 F	25	9-10.	L 5 F	37	13-14	L 9 F	49	13-14	L 8 F	56	
10:00 AM							7-8.	L 3 F	15	11-12.	L 8M, 9M	26	9-10.	L 5 F	38	13-14	L 9 M	50	13-14	L 8 F	57	
10:20 AM	15+	L 10 M	2	15+	L 8 F	8	7-8.	L 3 F	16	11-12.	L 9 F	27	9-10.	L 5 F	39					13-14	L 8 F	58
10:40 AM							8U	L 4 F	17	11-12.	L 7 F	28	9-10.	L 5 F	40	13-14	L 10 F	51		13-14	L 8 M	59
11:00 AM	15+	L 10 F	3	15+	L 8 F	9	8U	L 5 F	18	11-12.	L 7 F	29	11-12.	L 4 F	41					13-14	L 7 M	60
11:20 AM							8U	L 5 F, 5M	19	11-12.	L 7M, 6M	30	11-12.	L 4 F	42	13-14	L 10 M	52		13-14	L 7 F	61
11:40 AM	15+	L 10 F	4	15+	L 8 F	10	8U	L 6, 7	20	11-12.	L 6 F	31	11-12.	L 5 F	43	All	YE, OE, JR	53		13-14	L 7 F	62
12:00 PM							15+	L 7 F	21	11-12.	L 6 F	32	11-12.	L 5 F	44					13-14	L 6 F	63
12:20 PM	15+	L 9 F	5	15+	L 8 F	11	15+	L 6 F	22	11-12.	L 6 F	33	11-12.	L 5 F	45	All	SR	54		13-14	L 6 F	64
12:40 PM							15+	L 5F, 6M, 7M	23	11-12.	L 6 F	34	11-12.	L 5 F	46					13-14	L 6M, 5M	65
1:00 PM	15+	L 9 F	6	15+	L 9M	12				8U	L 6, 7	35	11-12.	L 4 M, 5 M	47					13-14	L 5 F	66

Line-up for Grand March will begin at 1:00

1:20 PM

Grand March -- All Participants
 Introduction of All Participating Teams, National Teams, Scholarship Winners

2:00 PM

Awards Session 1
 Awards will be given to competitors that placed in the top 10 in their overall Level and age group. **Competition attire only allowed on the award stand please.**
 Awards will only be given at the Award Ceremony. They will not be given out early or mailed.

Saturday, May 6

Session 2

2:20-3:20 General Warm up (Elite & Level 10)

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Trampoline 3	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
3:20 PM	All	OE	67	11-12.	L 9 F	72	11-12.	L 1, 3, 4	79	15+	L 10	88	8U	L 5	96	10U	L 8, 9, 10	106	9-10.	L 5 F	116
3:40 PM							11-12.	L 5M, 6M	80	15+	L 9 F	89	7-8.	L 3 F	97	9-10.	L 6M, 7M	107	9-10.	L 5 F	117
4:00 PM	All	YE	68	11-12.	L 8 F	73	11-12.	L 5 F	81	15+	L 9M, 8M	90	7-8.	L 3 F	98	9-10.	L 7 F	108	9-10.	L 5 F	118
4:20 PM							11-12.	L 5 F	82	15+	L 8 F	91	8U	L 4 F	99	9-10.	L 6 F	109	9-10.	L 5 F	119
4:40 PM							11-12.	L 5 F	83	15+	L 8 F	92	8U	L 4 F, 4 M	100	9-10.	L 6 F	110	9-10.	L 5 F	120
5:00 PM	All	JR, SR	69	11-12.	L 8 F	74	11-12.	L 6 F	84	15+	L 4, 5	93	6U, 7-8, 11 Ov	L 1, 2, 3	101	9-10.	L 6 F	111	9-10.	L 3, 4	121
5:20 PM							11-12.	L 7 F	75	11-12.	L 6 F	85	15+	L 7 F	102	9-10.	L 5 M	112	8U	L 4	122
5:40 PM	11-12.	L 9M, 10	70	11-12.	L 7 F	76	11-12.	L 6 F	86	All	YE	94	15+	L 7M, 6M	103	8U	L 5 F	113	7-8.	L 1, 2	123
6:00 PM							11-12.	L 7 F	77	11-12.	L 6 F	87	15+	L 6 F	104	8U	L 5 F	114	7-8.	L 3	124
6:20 PM	11-12.	L 8 M	71	11-12.	L 7 M	78				All	JR, OE	95	15+	L 6 F	105	8U	L 5M, 6, 7	115	6U	L 1, 2, 3	125

6:20 PM

Awards Session 2
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Saturday, May 6

Session 3

6:40 PM Synchronized Tramp Warm-up

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Trampoline 3	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp	
7:20 PM	All	L 9	126																			
7:40 PM	All	L 10, OE	127																			

8:00 PM

Awards Session 3

Awards will be given to competitors that placed in the top 10 in their overall Level and age group. **Competition attire only allowed on the award stand please.**
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Sunday, May 7

Session 4

8:00 AM Doors Open for Admission
8:20-9:20 AM General Warm-up (Level 10)

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Trampoline 3	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
9:20 AM	13-14	L 10	128	13-14	L 8M	133	13-14	L 5 F	138	10U	L 8, 9	148	9-10.	L 2, 3	155	15+	L 10 M	160	11-12.	L6	170
9:40 AM							13-14	L 5 F	139	9-10.	L 7, 6M	149	9-10.	L 4 F	156	15+	L 10 M	161	11-12.	L6	171
10:00 AM	13-14	L 9M	129	13-14	L 8F	134	13-14	L 5M, 6M	140	9-10.	L 6 F	150	9-10.	L 4 F	157	15+	L 10 F	162	11-12.	L6	172
10:20 AM							13-14	L 6F	141	9-10.	L 6 F	151	9-10.	L 4 F	158	15+	L 10 F	163	11-12.	L6	173
10:40 AM	13-14	L 9M	130	13-14	L 8F	135	13-14	L 6F	142				9-10.	L 4 M	159	15+	L 9 F	164	11-12.	L 9 M, 10	174
11:00 AM							13-14	L 6F	143	13-14	L6M	153				15+	L 9 F	165	11-12.	L 9 F	175
11:20 AM	13-14	L 9F	131	13-14	L 8F	136	13-14	L 7F	144	13-14	L7M	154				15+	L 8 F	166	11-12.	L 5M, L 6M	176
11:40 AM							13-14	L 7F	145							15+	L 8 F	167	11-12.	L 7 F	177
12:00 PM	13-14	L 9F	132	9-10.	L2,3	137	13-14	L 7F	146						15+	L 8 F	168	11-12.	L 7 F	178	
12:20 PM							13-14	L 7M	147						15+	L 8 M	169	11-12.	L 7 F	179	

Awards Session 4

Awards will be given to competitors that placed in the top 10 in their overall Level and age group. **Competition attire only allowed on the award stand please.**
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Sunday, May 7

Session 5

1:00-2:00 General Warm-up (Level 10)

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Trampoline 3	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
2:00 PM	10U	L 8, 9, 10	180	9-10.	L 5 F	186				13-14	L 10	193	13-14	L 4	200	15+	L 7 F	207	11-12.	L 1, 3, 4	214
2:20 PM				9-10.	L 5 F	187				13-14	L 9	194	13-14	L 5 F	201	15+	L 7F, 7M	208	11-12.	L 5 F	215
2:40 PM	9-10.	L 7	181	9-10.	L 5 F	188				13-14	L 8M	195	13-14	L 5 F	202	15+	L9M	209	11-12.	L 5 F	216
3:00 PM	9-10.	L 6M	182	9-10.	L 5 F	189				13-14	L 8F	196	13-14	L 5 M	203	15+	L 5F, L6	210	11-12.	L 5 F	217
3:20 PM	9-10.	L 6F	183	9-10.	L 5 F	190				13-14	L 8F	197	13-14	L 6 F	204	11-12.	L 8 M	211	11-12.	L 7 M	218
3:40 PM	9-10.	L 6F	184	9-10.	L 5 M	191				13-14	L 7F	198	13-14	L 6 F	205	11-12.	L 8 F	212			
4:00 PM	9-10.	L 6F	185	9-10.	L 4	192				13-14	L 7F	199	13-14	L 6 F	206	11-12.	L 8 F	213			

Awards Session 5 will be ongoing. We will begin once an entire level and age group is finished.

Competition attire only allowed on the award stand please.

Awards will only be given at the Award Ceremony. They will not be given out early or mailed.