

2019 Region 4 Championships

Friday May 10

10:00 AM CHECK IN AND DOORS OPEN
10:30-12:00PM TRAINING LEVELS 10-ELITE
12:00-1:30PM TRAINING LEVELS 8-9

Friday May 10

Session 1

Approx. Time	2 TOUCH			2 TOUCH			3 TOUCH			3 TOUCH			3 TOUCH						
	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	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	11 + M	L9	1	15 + F	L8	8	11-12 F	L8	21				10 U F/M	L8					
2:20 PM													15 + M	L8	41				
2:40 PM	10 U M	L9	2	15 + F	L8	9	13-14 F	L8	22				15 + F	L8	42				
3:00 PM	11-12 F						13-14 F	L8	23				15 + F	L8	43				
3:20 PM	15+ F	L9	3	15 + F/M	L8	10	10 U F/M	L8	24				15 + F	L8	44				
3:40 PM										12 U M	L9	45							
4:00 PM	15+ F	L9	4	13-14 F	L9	11	11-12 M	L8	25				15 + M	L9	46				
4:20 PM							ALL M	L9	26				11-12 F	L8	47				
4:40 PM	10 U F/M	L8	5	13-14 F	L8	12	15 + F	L8	27				11-12 F	L8	48				
5:00 PM	11-12 M						15 + F	L8	28				13-14 F	L9	49				
5:20 PM	11-12 F	L8	6	13-14 F	L8	13	15 + M	L8	29				13-14F/M	L9	50				
5:40 PM							15 + F	L9	30				15 + F	L9	51				
6:00 PM	11-12 F	L8	7	13-14 M	L8	14	11-14 F	L9	31				15 + F	L9	52				

6:30 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.

Friday May 10

Session 2

6:30 PM GENERAL WARM UP FOR SYNCHRONIZED PAIRS

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp	
7:00 PM				ALL SYNC	L10-Elite	61													
7:20 PM																			
7:40 PM				ALL SYNC	L9	62													
8:00 PM																			

8:00 PM

Awards Session 1

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Saturday May 11

Session 3

7:30 Doors Open for Admission

8:00-9:00 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	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
9:10 AM	13-14 F/M	L10	71	11-12F	L7	77	11-12 M	L6	91	11-12 F	L 7	98	F	SR	111			
9:40 AM				11-12F	L7	78	15 + F/M	L10	92	11-12 F	L 7	99	M/F	SR/OE	112	13-14 F	L8	118
10:00 AM	15 + F	L10	72	11-12F	L7	79				13-14 F	L 7	100				13-14 F	L8	119
10:20 AM				9-10F	L7	80	13-14 M	L6	93	13-14 F	L 7	101	M/F	JR	113	13-14 F	L8	120
10:40 AM	15 + F	L10	73	9-10F	L7	81	11-12 F/M	L10	94	ALL M	L 7	102				11-12 M	L8	121
11:00 AM				15 + F	L7	82	13-14F/M					15 + F	L7	103	ALL	YE	114	13-14 M
11:20 AM	15 + M	L10	74	15+M 9-10M	L7	83	ALL	YE	95	15 + F	L7	104	15 + F	L10	115	11-12 F	L9	123
11:40 AM				13-14 F	L7	84				ALL	HUGS	105						
12:00 PM	15 + M	L10	75	13-14 F	L7	85	ALL	JR	96	11-12 F	L 6	106	15 + F	L10	116	11-12 F	L7	124
12:20 PM				13-14 F	L7	86				11-12 F	L 6	107						
12:40 PM	11-12 F/M	L10, YE	76	13-14 F	L7	87	ALL	SR/OE	97	11-12 F	L-6	108	15 + M	L10	117	11-12 M	L7	126
1:00 PM				ALL	HUGS	88				15 + F	L-6	109						

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

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Saturday, May 11

Session 4

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

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
3:10 PM	SR	SR	131	13-14 M	L 7	136	13-14 F	L 6	151	11-12 F	L 5	161	11-12 F/M	L 10	181	13-14 F	L 7	190
3:40 PM				11-12 F	L 6	137	13-14 F	L 6	152	11-12 F	L 5	162	13-14F/M	L 10	182	13-14 F	L 7	191
4:00 PM	JR M	JR M	132	11-12 F	L 6	138	13-14 F	L 6	153	11-12 F	L5	163				13-14 F	L 7	192
4:20 PM				11-12 F	L 6	139	13-14 F	L 6	154	11-12 F	L5	164	9-10 M	L 6	183	15 + F	L 7	193
4:40 PM	JR/OE F	JR-OE	133	11-14 M	L 6	140	9-10 F	L 6	155	11-12 F	L5	165	15+ F	L 6	184	15 + F	L 7	194
5:00 PM				13-14 F	L 6	141	9-10 F/M	L 6	156	9-10 F	L5	166	ALL	L 3	185	9-10 M/F	L 7	195
5:20 PM	13-14 M YE	YE/OE M	134	13-14 F	L 6	142	11-12 M	L5	157	9-10 F	L5	167	ALL	L 1	186	15 + M	L 7	196
5:40 PM	OE M			9-10 F	L 6	143	15 + M	L 6	158	9-10 F	L 5	168	7-8	L 2	187	13-14 F	L 6	197
6:00 PM	13-14 F	YE	135	9-10 F	L 6	144	15 + F/M	L 5	159	9-10 F	L 5	169	9-10,11+	L 2	188	13-14 F	L 6	198
6:20 PM				11-12 M	L 7	145	8 U F/M	L 6	160	9-10 F	L 7	170	6 U All	L 2	189	13-14 M	L 6	199

Awards Session 2

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 12

Session 5

7:30 AM Doors Open for Admission

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
7:50 AM	7-8 F/M	L2	201	8U,9-10M	L 6	212	9-10 M	L 5	231	13-14 M	L5	242	11-12 F	L5	261	11 -12 F	L6	272
8:20 AM	ALL	L1	202	11+F, 6 U F	L3	213	13-14 F	L5	232	8 U All	L 5	243	11-12 F	L5	262	11 -12 F	L6	273
8:40 AM	9 + F/M	L2	203	9-10 F	L5	214	13-14 F	L5	233	11+M, 7-8 F	L3	244	11-12 F	L5	263	11 -12 F	L6	274
9:00 AM	7-8 F, 9-10All	L3	204	9-10 F	L5	215	13-14 F	L5	234	13-14 F	L4	245	11-12 F	L5	264	11 -12 F	L6	275
9:20 AM	13+M, 15+F	L4	205	9-10 F	L5	216	ALL	L 1	235	13-14 F	L4	246	11-12 F	L5	265	11 -12 F	L4	276
9:40 AM	13-14 F	L4	206	9-10M	L5	217	9-10 F	L4	236	8 U F	L4	247	11-12 F	L5	266	11-12 F/M	L4	277
10:00 AM	15+ F	L 6	207	11-12 F	L5	218	9-10 F	L4	237	11-12 F	L4	248	11-12F,15+F	L5	267	13-14 F	L5	278
10:20 AM	8U F, 15+ F	L5	208	11-12 F	L5	219	9-10 F,15+F	L4	238	11-12 F	L4	249	9-10 F	L5	268	13-14 F	L5	279
10:40 AM	11-14 M	L5	209	11-12 F	L5	220	11 + All	L 2	239	11-12 F	L4	250	9-10 F	L5	269	11-12 M	L6	280
11:00 AM	13-14 F	L5	210	11-12 F	L5	221	8 U All	L 2	240	11-12 F	L4	251	9-10 F	L5	270	9-10 F	L6	281
11:20 AM	13-14 F	L5	211	11-12 F	L5	222	9-10 All	L 2	241	11-12 F	L4	252	9-10 F/M	L5	271	9-10 F	L6	282

Awards Session 5

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 12

Session 6

Approx. Time	Age Group	Trampoline 1	Grp	Age Group	Trampoline 2	Grp	Age Group	Tumbling 1	Grp	Age Group	Tumbling 2	Grp	Age Group	Double-Mini 1	Grp	Age Group	Double-Mini 2	Grp
11:50 AM	8 U F	L4	291				11+ F	L3	301							11-14 M	L5	311
12:20 PM	9-10 F	L4	292				11+ F	L3	302							8 U F	L5	312
12:40 PM	9-10 F	L4	293				9-10 F	L3	303							13+ F	L4	313
1:00 PM	9-10 F	L4	294				9-10F/M	L3	304							9-10M, 15+M	L4	314
1:20 PM	9-10F/M	L4	295				11-12M,15+M	L4	305							8 U F	L4	315
1:40 PM	11-12 F	L4	296				10UM,13-14M	L4	306							9-10 F	L4	316
2:00 PM	11-12 F	L4	297													9-10 F	L4	317
2:20 PM	11-12F/M	L4	298													9-10 F	L4	318
2:40 PM																9-10 F	L4	319

Awards Session 6 will be ongoing. We will begin once an entire level and age group is finished.

Competition attire only allowed on the award stand please.

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