

SATURDAY, May 7, 2016

Session 3 Prelims

8:00 - 9:00 General Warm up Session 3 - Elite Athletes Only

8:30 am Judge's Meeting

Time	TR-1			TU-1			DM-1			SYNC		
9:00 - 9:45	YE	F					10	17&OF				
9:45 - 10:15	YE	F					10	17&OM				
10:15 - 10:45	YE	F					10	15-16F				
10:45 - 11:15	YE	F					10	10-12M				
11:15 - 11:45	OE	F					10	15-16M				
11:45 - 12:15	OE	F					10	10-12F				
12:15 - 1:00							10	13-14M				
1:00 - 1:30	10	10-12M										
1:30 - 2:00	10	13-14M					10	13-14F				
2:00 - 2:30	10	17&OM					10	13-14F				
2:30 - 3:00	10	17&OF										
3:00 - 3:30	10	15-16M										
3:30 - 4:00	10	15-16M										

Saturday, May 7, 2016

Session 4 Finals

4:00 - 5:00 General Warm up Session 4 Finalist

4:30 Judge's Meeting

Time	TR-1			TU-1			DM-1			SYNC		
5:00 - 5:30	SR	M		JR	M		SR	F				
				YE	M							
5:30 - 6:00	SR	F		JR	F		SR	M				
6:00 - 6:20	YE	F		OE	M		JR	F				
							JR	M				
6:20 - 6:40	JR	M		YE	F		YE	M				
				OE	F		OE	M				

Saturday, May 7, 2016

Session 5 Finals

6:40 - 7:40 General Warm-up Session 5 Finalist

7:15 Judge's Meeting

Time	TR-1			TU-1			DM-1			SYNC		
7:40 - 8:00	JR	F		SR	F		YE	F				
							OE	F				
8:00 - 8:20	YE	M		SR	M		10	15-16M				
8:20 - 8:40	OE	F					10	17&OM				
8:40 - 9:00	OE	M					10	17&OF				

Sunday, May 8, 2016

Session 6 Finals

8:00 - 9:00 am

General warm-up Session 6 ALL finalist

8:30 - 9:00 am

Judge's Meeting

Time	TR-1			TU-1			DM-1			SYNC		
9:00 - 9:30	10	10-12F		10	11-12M							
				10	13-14M							
				10	15-16M							
9:30 - 10:00	10	13-14F		10	17&OM							
				10	17&OF							
10:00 - 10:20	10	15-16F		10	10-12F							
10:20 - 10:40	10	17&OF		10	13-14F							
				10	15-16F							
10:40 - 11:00	10	10-12M				10	15-16F					
11:00 - 11:20	10	13-14M				10	13-14F					
11:20 - 11:40	10	15-16M				10	10-12F					
11:40 - 12:00	10	17&OM				10	10-12M					
12:00 - 12:20						10	13-14M					
12:20 - 12:40									10	10-12M		
									10	10-12F		
12:40 - 1:00									10	13-14M		
									10	13-14F		
1:00 - 1:20									10	15-16M		
									10	17&OM		
									10	15-16F		

All Awards will take place immediately following each final flight
 ALL Synchronized Trampoline will NOT have finals; awards will take place immediately after the preliminary round

Warm- Up Procedures

Elite Levels		Level 10	
One Hour General warm up prior to each session		No General Warm-up	
Flight Warm-up Prelims/Finals		Flight Warm-up Prelims/Finals	
Trampoline YE, JR, OE	2 Touch/1Touch	Trampoline	2 Touch/1Touch
Trampoline SR	15 min per flight/15 min	Tumbling	Run, 4 Touches/Run, 4 Touches
Tumbling	2 passes/2 passes	Double Mini	Run, 4 touches/Run, 4 Touches
Double Mini	2 passes/2 passes	Synchronized Trampoline	1 Touch/No Finals
Synchronized Trampoline	2 Touch/No finals		