

2024 Women's Development Program Level 10 National Championships
Training Day Schedule
Friday, May 10, 2024 – Daytona Beach, FL (EST)

1. All regional training times will overlap 30 minutes to allow for Friday night's All-Star session.
2. Open stretch is allowed in the designated competition gym for the first regional training group ONLY.
 - Regional training groups 2, 3 & 4 will open stretch on the carpet bonded foam area to allow the previous training group to finish their time on the competition equipment.
3. Each region will be split into eight groups (four JR, four SR) and will be assigned four events in each of the competitive gyms. Each gym contains two sets of apparatus. Athletes will train on the apparatus on which they will compete.
4. Approximately 10-12 athletes per group with 30-minute rotations on each event.
5. Check with your Regional Administrative or Dev Chairperson for first and second alternate training options.

	Training Group 1		Training Group 2		Training Group 3		Training Group 4	
Training Time	Region 4 FLIGHT 1	Region 6 FLIGHT 2	Region 3 FLIGHT 1	Region 5 FLIGHT 2	Region 1 FLIGHT 1	Region 7 FLIGHT 2	Region 2 FLIGHT 1	Region 8 FLIGHT 2
8:00 – 8:30am	OPEN STRETCH	OPEN STRETCH						
8:30 – 9:00am	V,B,BM,FX	V,B,BM,FX						
9:00 – 9:30am	V,B,BM,FX	V,B,BM,FX						
9:30 – 10:00am	V,B,BM,FX	V,B,BM,FX						
10:00 – 10:30am	V,B,BM,FX	V,B,BM,FX	OPEN STRETCH	OPEN STRETCH				
10:30 – 11:00am			V,B,BM,FX	V,B,BM,FX				
11:00 – 11:30am			V,B,BM,FX	V,B,BM,FX				
11:30 – 12:00pm			V,B,BM,FX	V,B,BM,FX				
12:00 – 12:30pm			V,B,BM,FX	V,B,BM,FX	OPEN STRETCH	OPEN STRETCH		
12:30 – 1:00pm					V,B,BM,FX	V,B,BM,FX		
1:00 – 1:30pm					V,B,BM,FX	V,B,BM,FX		
1:30 – 2:00pm					V,B,BM,FX	V,B,BM,FX		
2:00 – 2:30pm					V,B,BM,FX	V,B,BM,FX	OPEN STRETCH	OPEN STRETCH
2:30 – 3:00pm							V,B,BM,FX	V,B,BM,FX
3:00 – 3:30pm							V,B,BM,FX	V,B,BM,FX
3:30 – 4:00pm							V,B,BM,FX	V,B,BM,FX
4:00 – 4:30pm							V,B,BM,FX	V,B,BM,FX