



2023

Tentative Block Schedule

| Friday Assigned Training | | | |
|--------------------------|---------|----------------------------|--|
| 12:30-2:00 | Group A | Level 1-9 Assigned by team | |
| 2:00-3:30 | Group B | 10-Elite Only (All Gyms) | |
| 3:30-5:00 | Group C | Level 1-9 Assigned by team | |

| Friday February 17, 2023 | | | | | | | | |
|--------------------------|---|--------------------|---------|-----|---------|-----|---------|--|
| Friday Session FR1 | | | | | | | | |
| Flight | | LVL | TR | LVL | TU | LVL | DMT | |
| 5:10-5:50 | A | 8 | 15+/F | 8 | 11-12/F | 8 | 13-14/F | |
| | | | | | | | | |
| 5:50-6:20 | B | 8 | 15+/F | 8 | 11-12/F | 8 | 13-14/F | |
| | | 8 | 13-14/F | 8 | 9-10/F | 9 | 11-12/F | |
| | | | | | | | | |
| 6:20-6:50 | C | 8 | 13-14/F | 8 | 15+/F | 9 | 11-12/M | |
| | | | | | | 9 | 15+/M | |
| | | | | | | | | |
| 6:50-7:20 | D | 8 | 11-12/F | 8 | 15+/F | 8 | 13-14/M | |
| | | 8 | 9-10/F | | | 8 | 15+/M | |
| | | | | | | 9 | 13-14/M | |
| 7:20-7:50 | E | 8 | 9-10/F | 8 | 13-14/F | 8 | 11-12/M | |
| | | 9 | 15+/F | | | 8 | 9-10/M | |
| | | | | | | | | |
| 7:50-8:20 | F | 9 | 11-12/F | 8 | 13-14/F | 8 | 15+/F | |
| | | 9 | 13-14/F | 9 | 15+/M | | | |
| | | | | | | | | |
| 8:20-8:40 | G | | | | | 8 | 15+/F | |
| 8:40-9:10 | | Session FR1 Awards | | | | | | |

Saturday February 18, 2023

Saturday Session SA1

| Flight | | LVL | TR | LVL | TU | LVL | DMT |
|-------------|---|--------------------|-------|-----|-------|-----|-------|
| 8:00-8:30AM | A | 1-7 | 15+/F | 1-7 | 15+/F | 1-7 | 15+/F |
| 8:30-8:50 | B | 1-7 | 15+/F | 1-7 | 15+/F | 1-7 | 15+/F |
| 8:50-9:10 | C | 1-7 | 15+/F | 1-7 | 15+/F | 1-7 | 15+/F |
| 9:10-9:30 | | Session SA1 Awards | | | | | |

Saturday Session SA2

| | | | | | | | |
|-------------|---|--------------------|------|-----|------|-----|------|
| 9:10-9:40 | A | 1-7 | 8U/F | 1-7 | 8U/F | 1-7 | 8U/F |
| 9:40-10:00 | B | 1-7 | 8U/F | 1-7 | 8U/F | 1-7 | 8U/F |
| 10:00-10:20 | C | 1-7 | 8U/F | 1-7 | 8U/F | 1-7 | 8U/F |
| 10:20-10:40 | | Session SA2 Awards | | | | | |

Saturday Session SA3

| | | | | | | | |
|-------------|---|--------------------|-------|-----|-------|-----|-------|
| 10:20-10:40 | A | 1-7 | 10U/M | 1-7 | 10U/M | 1-7 | 10U/M |
| 10:40-11:00 | B | 1-7 | 10U/M | 1-7 | 10U/M | 1-7 | 10U/M |
| 11:00-11:20 | C | 1-7 | 10U/M | 1-7 | 10U/M | 1-7 | 10U/M |
| 11:20-11:40 | | Session SA3 Awards | | | | | |

Saturday Session SA4

| | | | | | | | |
|-------------|---|--------------------|-------|-----|-------|-----|-------|
| 11:20-11:40 | A | 1-7 | 11+/M | 1-7 | 11+/M | 1-7 | 11+/M |
| 11:40-12:00 | B | 1-7 | 11+/M | 1-7 | 11+/M | 1-7 | 11+/M |
| 12:00-12:20 | C | 1-7 | 11+/M | 1-7 | 11+/M | 1-7 | 11+/M |
| 12:20-12:40 | D | 1-7 | 11+/M | 1-7 | 11+/M | 1-7 | 11+/M |
| 12:40-1:00 | E | 1-7 | 11+/M | 1-7 | 11+/M | 1-7 | 11+/M |
| 1:00-1:30 | | Session SA4 Awards | | | | | |

| Saturday Session SA5 | | | | | | | |
|----------------------|-------------------------------------|--------------------|---------|------|---------|------|---------|
| Flight | LVL | TR | LVL | TU | LVL | DMT | |
| 1:00-1:50 | Level 10-Elite Session SA5 Training | | | | | | |
| 1:50-2:20 | A | INT | MALE | INT | FEMALE | 10 | 11-12/M |
| | | | | JR | FEMALE | 10 | 13-14/M |
| | | | | SR | FEMALE | JR | MALE |
| | | | | YE | FEMALE | YE | MALE |
| 2:20-2:50 | B | JR | MALE | OPEN | FEMALE | 10 | 11-12/F |
| | | SR | MALE | OPEN | MALE | 10 | 13-14/F |
| | | | | 10 | 13-14/F | | |
| | | | | 10 | 15-16/F | | |
| 2:50-3:20 | C | OPEN | MALE | 10 | 15-16/M | SR | FEMALE |
| | | JR | MALE | JR | MALE | INT | FEMALE |
| | | | | | | OPEN | FEMALE |
| 3:20-3:50 | D | 10 | 11-12/M | INT | MALE | JR | FEMALE |
| | | 10 | 13-14/M | SR | MALE | 10 | 15-16/F |
| | | 10 | 15-16/M | | | | |
| | | YE | MALE | | | | |
| Saturday Session SA6 | | | | | | | |
| 3:50-4:20 | A | 8 | 11-12/M | 8 | 15+/M | 9 | 13-14/F |
| | | 9 | 11-12/M | 8 | 13-14/M | 8 | 9-10/F |
| | | | | 8 | 9-10/M | 8 | 11-12/F |
| | | | | 9 | 13-14/M | | |
| 4:20-4:50 | B | 8 | 13-14/M | 9 | 13-14/F | 8 | 11-12/F |
| | | 9 | 13-14/M | 9 | 15+/F | | |
| 4:50-5:20 | C | 8 | 15+/M | 9 | 15+/F | 9 | 15+/F |
| | | 9 | 15+/M | | | | |
| | | 8 | 9-10/M | | | | |
| | | 9 | 9-10/M | | | | |
| 5:20-5:50 | D | | | | | 9 | 15+/F |
| | | | | | | 9 | 9-10/F |
| | | | | | | 8 | 9-10/F |
| 5:50-6:20 | | Session SA6 Awards | | | | | |

| Saturday Session SA7 | | | | | | | |
|----------------------|-------------------------------------|------|---------|--|--|------|---------|
| 5:50-6:40 | Level 10-Elite Session SA7 Training | | | | | | |
| 6:40-7:10 | A | 10 | 15-16/F | | | SR | MALE |
| | | OPEN | FEMALE | | | | |
| 7:10-7:40 | B | 10 | 10U/F | | | OPEN | MALE |
| | | 10 | 11-12/F | | | SR | MALE |
| | | 10 | 13-14/F | | | | |
| 7:40-8:10 | C | JR | FEMALE | | | 10 | 15-16/M |
| | | YE | FEMALE | | | | |
| 8:10-8:40 | D | INT | FEMALE | | | INT | MALE |
| | | SR | FEMALE | | | | |

| Sunday February 19, 2023 | | | | | | | |
|--------------------------|---|--------------------|---------|-----|---------|-----|---------|
| Sunday Session SU1 | | | | | | | |
| Flight | | LVL | TR | LVL | TU | LVL | DMT |
| 8:00-8:30AM | A | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 8:30-8:50 | B | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 8:50-9:10 | C | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 9:10-9:30 | D | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 9:30-9:50 | E | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 9:50-10:10 | F | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 10:10-10:30 | G | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 10:30-10:50 | H | 1-7 | 9-10/F | 1-7 | 9-10/F | 1-7 | 9-10/F |
| 10:50-11:20 | | Session SU1 Awards | | | | | |
| Sunday Session SU2 | | | | | | | |
| Flight | | LVL | TR | LVL | TU | LVL | DMT |
| 10:50-11:20 | A | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 11:20-11:40 | B | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 11:40-12:00 | C | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 12:00-12:20 | D | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 12:20-12:40 | E | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 12:40-1:00 | F | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 1:00-1:20 | G | 1-7 | 11-12/F | 1-7 | 11-12/F | 1-7 | 11-12/F |
| 1:20-1:50 | | Session SU2 Awards | | | | | |

| Sunday Finals Session 1 Level 10-Elite | | | | | | | |
|--|--|------|---------|------|---------|------|---------|
| Flight | | LVL | TR | LVL | TU | LVL | DMT |
| 1:20-2:20 | Level 10-Elite Session 1 Finals Training | | | | | | |
| 2:20-2:50 | A | INT | MALE | INT | FEMALE | 10 | 11-12/M |
| | | SR | MALE | JR | FEMALE | 10 | 13-14/M |
| | | | | SR | FEMALE | JR | MALE |
| | | | | YE | FEMALE | YE | MALE |
| 2:50-3:20 | B | JR | MALE | OPEN | FEMALE | 10 | 11-12/F |
| | | | | OPEN | MALE | 10 | 13-14/F |
| | | | | 10 | 15-16/F | | |
| 3:20-3:40 | C | OPEN | MALE | 10 | 15-16/M | SR | FEMALE |
| | | | | JR | MALE | INT | FEMALE |
| | | | | | | OPEN | FEMALE |
| 3:40-4:00 | D | 10 | 11-12/M | INT | MALE | JR | FEMALE |
| | | 10 | 13-14/M | SR | MALE | 10 | 15-16/F |
| | | YE | MALE | | | | |
| Sunday Finals Session 2 Level 10-Elite | | | | | | | |
| 4:00-4:50 | Level 10-Elite Session 2 Finals Training | | | | | | |
| 4:50-5:20 | A | 10 | 15-16/F | | | SR | MALE |
| | | OPEN | FEMALE | | | | |
| 5:20-5:40 | B | 10 | 10U/F | | | OPEN | MALE |
| | | 10 | 11-12/F | | | | |
| | | 10 | 13-14/F | | | | |
| 5:40-6:00 | C | JR | FEMALE | | | 10 | 15-16/M |
| | | YE | FEMALE | | | | |
| 6:00-6:20 | D | INT | FEMALE | | | INT | MALE |
| | | SR | FEMALE | | | | |
| 6:20-6:50 | Finals Awards | | | | | | |
| Sunday Session SU3 | | | | | | | |
| 6:20-6:50 | A | 1-7 | 13-14/F | 1-7 | 13-14/F | 1-7 | 13-14/F |
| 6:50-7:10 | B | 1-7 | 13-14/F | 1-7 | 13-14/F | 1-7 | 13-14/F |
| 7:10-7:30 | C | 1-7 | 13-14/F | 1-7 | 13-14/F | 1-7 | 13-14/F |
| 7:30-7:50 | D | 1-7 | 13-14/F | 1-7 | 13-14/F | 1-7 | 13-14/F |
| 7:50-8:10 | E | 1-7 | 13-14/F | 1-7 | 13-14/F | 1-7 | 13-14/F |
| 8:10-8:30 | Session SU3 Awards | | | | | | |

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|-------------|
| Trampoline |
| Tumbling |
| Double Mini |
| Warm-Up |
| Finals |
| Awards |