



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							
Session 1							
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		
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
7:20-7:50	E					9	13-14/M
		8	9-10/F	8	13-14/F	8	11-12/M
7:50-8:20	F	9	15+/F			8	9-10/M
		9	11-12/F	8	13-14/F	8	15+/F
8:20-8:40	G	9	13-14/F	9	15+/M		
						8	15+/F
8:40-9:10		Session 1 Awards					

Saturday February 18, 2023

Session 2								
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 2 Awards						
Session 3								
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 3 Awards						
Session 4								
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 4 Awards						
Session 5								
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 5 Awards						

Saturday Session 6							
Flight	LVL	TR	LVL	TU	LVL	DMT	
1:00-1:50	Level 10-Elite Session 6 Training						
1:50-2:20	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
2:20-2:50	B	JR	MALE	OPEN	FEMALE	10	11-12/F
		SR	MALE	OPEN	MALE	10	13-14/F
				10	15-16/F		
2:50-3:20	C	OPEN	MALE	10	15-16/M	SR	FEMALE
				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				
Session 7							
3:50-4:20	A	8	11-12/M	8	15+/M	8	9-10/F
		9	11-12/M	8	13-14/M	9	9-10/F
				8	9-10/M	9	13-14/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+/M				
		8	9-10/M				
		9	9-10/M				
5:20-5:50	D					9	15+/F
5:50-6:20		Session 7 Awards					
Session 8							
5:50-6:40	Level 10-Elite Session 8 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				
		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

Session 9

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 9 Awards					

Session 10

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 10 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
		SR	MALE	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 (Top 3 places)						
Session 11							
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 11 Awards						

Trampoline
Tumbling
Double Mini
Warm-Up
Finals
Awards