

SCHEDULE V2 - TRA TUM 2nd Ontario Cup 2019 / Hosted by Just Bounce

Friday March 22, 2019 / Flight # 1

Trampoline 1 & 2

TRA L1 - 12 & Under Women	26	TRA L1 - 13 & Over Men	18
TRA L1 - 12 & Under Men	14		
Stretch	3:20 - 3:40	TRA L1 - 12 & Under Women (Group 1)	
Specific Warm-up	3:40 - 4:00	TRA L1 - 12 & Under Women (Group 1)	
National Anthem	4:00 - 4:05		
Competition	4:05 - 4:40	TRA L1 - 12 & Under Women (Group 1)	13
Stretch	4:20 - 4:40	TRA L1 - 12 & Under Women (Group 2)	
Specific Warm-up	4:40 - 5:00	TRA L1 - 12 & Under Women (Group 2)	
Competition	5:00 - 5:35	TRA L1 - 12 & Under Women (Group 2)	13
Stretch	5:15 - 5:35	TRA L1 - 12 & Under Men	
Specific Warm-up	5:35 - 5:55	TRA L1 - 12 & Under Men	
Competition	5:55 - 6:35	TRA L1 - 12 & Under Men	14
Stretch	6:15 - 6:35	TRA L1 - 13 & Over Men	
Specific Warm-up	6:35 - 7:00	TRA L1 - 13 & Over Men	
Competition	7:00 - 7:50	TRA L1 - 13 & Over Men	18

Trampoline 3 & 4

TRS - L4	11	TRS - L2	32
TRS - L3	20	TRA L1 - 15 & Over Women	9
Stretch	3:20 - 3:40	TRS - L4	
Specific Warm-up	3:40 - 4:00	TRS - L4	
National Anthem	4:00 - 4:05		
Competition	4:05 - 4:25	TRS - L4	11
Stretch	4:05 - 4:25	TRS - L3	
Specific Warm-up	4:25 - 4:55	TRS - L3	
Competition	4:55 - 5:25	TRS - L3	20
Stretch	5:05 - 5:25	TRS - L2 (Group 1)	
Specific Warm-up	5:25 - 5:50	TRS - L2 (Group 1)	
Competition	5:50 - 6:15	TRS - L2 (Group 1)	16
Stretch	5:55 - 6:15	TRS - L2 (Group 2)	
Specific Warm-up	6:15 - 6:40	TRS - L2 (Group 2)	
Competition	6:40 - 7:05	TRS - L2 (Group 2)	16
Stretch	6:45 - 7:05	TRA L1 - 15 & Over Women	
Specific Warm-up	7:05 - 7:20	TRA L1 - 15 & Over Women	
Competition	7:20 - 7:45	TRA L1 - 15 & Over Women	9

Double-Mini Trampoline

DMT L2 - 14 Women	12	DMT L3 - Men	10
DMT L4 - Men	7		
Stretch	3:30 - 3:50	DMT L2 - 14 Women	
Specific Warm-up	3:50 - 4:00	DMT L2 - 14 Women	
National Anthem	4:00 - 4:05		
Competition (Two passes)	4:05 - 4:25	DMT L2 - 14 Women	12
Competition (Two-Touch Warm-up)	4:25 - 4:45	DMT L2 - 14 Women	12
Stretch	4:25 - 4:45	DMT L4 - Men	
Specific Warm-up	4:45 - 5:00	DMT L4 - Men	
Competition (Two passes)	5:00 - 5:10	DMT L4 - Men	7
Competition (Two-Touch Warm-up)	5:10 - 5:20	DMT L4 - Men	7
Stretch	5:05 - 5:25	DMT L3 - Men	
Specific Warm-up	5:25 - 5:40	DMT L3 - Men	
Competition (Two passes)	5:40 - 6:00	DMT L3 - Men	10
Competition (Two-Touch Warm-up)	6:00 - 6:20	DMT L3 - Men	10

* Awards will be following each category. Please allow some time for judges & coaches to check results. Due to technical difficulties and/or video review, awards may be delayed. In this case, coaches may collect the award or the award may be mailed to the club by GO as per the Tech. Rules.

Scotiabank Convention Centre
 6815 Stanley Avenue
 Niagara Falls, ON, L2G 3Y9
 1-888-997-6222
 Parking: \$10/car/entry

SCHEDULE V2 - TRA TUM 2nd Ontario Cup 2019 / Hosted by Just Bounce

Saturday March 23, 2019 / Flight # 2

Trampoline 1 & 2

TRA L1 - 13 & 14 Women	29		
TRA L2 - 14 Women	19		
Stretch	8:20 - 8:40	TRA L1 - 13 & 14 Women (Group 1)	
Specific Warm-up	8:40 - 9:00	TRA L1 - 13 & 14 Women (Group 1)	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:50	TRA L1 - 13 & 14 Women (Group 1)	15
Stretch	9:30 - 9:50	TRA L1 - 13 & 14 Women (Group 2)	
Specific Warm-up	9:50 - 10:10	TRA L1 - 13 & 14 Women (Group 2)	
Competition	10:10 - 10:50	TRA L1 - 13 & 14 Women (Group 2)	14
Stretch	10:30 - 10:50	TRA L2 - 14 Women	
Specific Warm-up	10:50 - 11:15	TRA L2 - 14 Women	
Competition	11:15 - 12:10	TRA L2 - 14 Women	19
Judges' Break	12:10-12:55		

Trampoline 3 & 4

TRA L2 - 13 & Under Men	15	TRA L3 - 14 & Under Men	10
TRA L2 - 14 & Over Men	20		
Stretch	8:20 - 8:40	TRA L2 - 13 & Under Men	
Specific Warm-up	8:40 - 9:00	TRA L2 - 13 & Under Men	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:50	TRA L2 - 13 & Under Men	15
Stretch	9:30 - 9:50	TRA L2 - 14 & Over Men	
Specific Warm-up	9:50 - 10:15	TRA L2 - 14 & Over Men	
Competition	10:15 - 11:10	TRA L2 - 14 & Over Men	20
Stretch	10:50 - 11:10	TRA L3 - 14 & Under Men	
Specific Warm-up	11:10 - 11:25	TRA L3 - 14 & Under Men	
Competition	11:25 - 11:55	TRA L3 - 14 & Under Men	10
Judges' Break	11:55 - 12:40		

Tumbling

TUM L1 - 9 & 10 Women	17	TUM L2 - Men	7
TUM L1 -11 Women	19	TUM L3 - Men	5
TUM L1 -12 Women	12		
Stretch	8:20 - 8:40	TUM L1 - 9 & 10 Women	
Specific Warm-up	8:40 - 9:00	TUM L1 - 9 & 10 Women	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:40	TUM L1 - 9 & 10 Women	17
Stretch	9:20 - 9:40	TUM L1 -11 Women	
Specific Warm-up	9:40 - 10:00	TUM L1 -11 Women	
Competition	10:00 - 10:40	TUM L1 -11 Women	19
Stretch	10:20 - 10:40	TUM L1 -12 Women	
Specific Warm-up	10:40 - 10:55	TUM L1 -12 Women	
Competition	10:55 - 11:20	TUM L1 -12 Women	12
Stretch	11:00 - 11:20	TUM L2 - Men, TUM L3 - Men	
Specific Warm-up	11:20 - 11:35	TUM L2 - Men, TUM L3 - Men	
Competition	11:35 - 12:00	TUM L2 - Men, TUM L3 - Men	12
Judges' Break	12:00 - 12:45		

Double-Mini Trampoline

DMT L3 - 15 & Over Women	11	DMT L4 - Women	15
DMT L3 - 14 & Under Women	9		
Stretch	8:25 - 8:45	DMT L3 - 15 & Over Women	
Specific Warm-up	8:45 - 9:00	DMT L3 - 15 & Over Women	
National Anthem	9:00 - 9:05		
Competition (Two passes)	9:05 - 9:25	DMT L3 - 15 & Over Women	11
Competition (Two-Touch Warm-up)	9:25 - 9:45	DMT L3 - 15 & Over Women	11
Stretch	9:25 - 9:45	DMT L3 - 14 & Under Women	
Specific Warm-up	9:45 - 10:00	DMT L3 - 14 & Under Women	
Competition (Two passes)	10:00 - 10:20	DMT L3 - 14 & Under Women	9
Competition (Two-Touch Warm-up)	10:20 - 10:40	DMT L3 - 14 & Under Women	9
Stretch	10:20 - 10:40	DMT L4 - Women	
Specific Warm-up	10:40 - 11:05	DMT L4 - Women	
Competition (Two passes)	11:05 - 11:30	DMT L4 - Women	15
Competition (Two-Touch Warm-up)	11:30 - 11:55	DMT L4 - Women	15
Judges' Break	11:55 - 12:40		

SCHEDULE V2 - TRA TUM 2nd Ontario Cup 2019 / Hosted by Just Bounce

Saturday March 23, 2019 / Flight # 3

Trampoline 1 & 2

TRA L5 - 16 & Under Women	11	TRA L2 - 15 & Over Women	22
TRA L2 - 13 Women	23		
Stretch	12:15 - 12:35	TRA L5 - 16 & Under Women	
Specific Warm-up	12:35 - 12:55	TRA L5 - 16 & Under Women	
Competition	12:55 - 1:35	TRA L5 - 16 & Under Women	11
Finals	1:45 - 2:05	TRA L5 - 16 & Under Women	10
Stretch	1:45 - 2:05	TRA L2 - 13 Women (Group 1)	
Specific Warm-up	2:05 - 2:20	TRA L2 - 13 Women (Group 1)	
Competition	2:20 - 2:55	TRA L2 - 13 Women (Group 1)	12
Stretch	2:35 - 2:55	TRA L2 - 13 Women (Group 2)	
Specific Warm-up	2:55 - 3:10	TRA L2 - 13 Women (Group 2)	
Competition	3:10 - 3:40	TRA L2 - 13 Women (Group 2)	11
Stretch	3:20 - 3:40	TRA L2 - 15 & Over Women (Group 1)	
Specific Warm-up	3:40 - 3:55	TRA L2 - 15 & Over Women (Group 1)	
Competition	3:55 - 4:25	TRA L2 - 15 & Over Women (Group 1)	11
Stretch	4:05 - 4:25	TRA L2 - 15 & Over Women (Group 2)	
Specific Warm-up	4:25 - 4:40	TRA L2 - 15 & Over Women (Group 2)	
Competition	4:40 - 5:10	TRA L2 - 15 & Over Women (Group 2)	11

Tumbling

TUM L1 - 13 Women	19	TUM Junior - Women	2
TUM L1 - 14 & Over Women	16	TUM Senior - Women	3
TUM L2 - 12 & Under Women	14	TUM Senior - Men	2
TUM L3 - 15 & Over Women	10		
Stretch	12:05 - 12:25	TUM L1 - 13 Women	
Specific Warm-up	12:25 - 12:45	TUM L1 - 13 Women	
Competition	12:45 - 1:25	TUM L1 - 13 Women	19
Stretch	1:05 - 1:25	TUM L1 - 14 & Over Women	
Specific Warm-up	1:25 - 1:45	TUM L1 - 14 & Over Women	
Competition	1:45 - 2:20	TUM L1 - 14 & Over Women	16
Stretch	2:00 - 2:20	TUM L2 - 12 & Under Women	
Specific Warm-up	2:20 - 2:35	TUM L2 - 12 & Under Women	
Competition	2:35 - 3:05	TUM L2 - 12 & Under Women	14
Stretch	2:45 - 3:05	TUM L3 - 15 & Over Women	
Specific Warm-up	3:05 - 3:15	TUM L3 - 15 & Over Women	
Competition	3:15 - 3:35	TUM L3 - 15 & Over Women	10
Stretch	3:15 - 3:35	TUM Junior Women, TUM Senior Women, TUM Senior Men	
Specific Warm-up	3:35 - 3:55	TUM Junior Women, TUM Senior Women, TUM Senior Men	
Competition	3:55 - 4:10	TUM Junior Women, TUM Senior Women, TUM Senior Men	7
Finals	4:10 - 4:35	TUM Junior Women, TUM Senior Women, TUM Senior Men	7
Judges' Break	4:35 - 5:20		

Trampoline 3 & 4

TRA L6 - 18 & Over Women	6	TRA Senior - Men	3
TRA L6 - 18 & Over Men	7	TRS L5 - Women	11
TRA Junior Women	1	TRS L5 - Men	10
TRA Senior - Women	2	TRS Senior - Men	1
Stretch	11:55 - 12:15	TRA L6 - 18 & Over Women and Men	
Specific Warm-up	12:15 - 12:40	TRA L6 - 18 & Over Women and Men	
Competition	12:40 - 1:25	TRA L6 - 18 & Over Women and Men	13
Finals	1:25 - 1:50	TRA L6 - 18 & Over Women and Men	13
Stretch	1:30 - 1:50	TRA Junior Women, TRA Senior Women, TRA Senior Men	
Specific Warm-up	1:50 - 2:10	TRA Junior Women, TRA Senior Women, TRA Senior Men	
Competition	2:10 - 2:30	TRA Junior Women, TRA Senior Women, TRA Senior Men	6
Finals	2:30 - 2:45	TRA Junior Women, TRA Senior Women, TRA Senior Men	6
Stretch	2:25 - 2:45	TRS L5 Women	
Specific Warm-up	2:45 - 3:15	TRS L5 Women	
Competition (1 routine only)	3:15 - 2:45	TRS L5 Women	11
Stretch	3:25 - 3:45	TRS L5 Men, TRS Senior Men	
Specific Warm-up	3:45 - 4:15	TRS L5 Men, TRS Senior Men	
Competition (L5 1 routine only)	4:15 - 4:45	TRS L5 Men, TRS Senior Men	11

Double-Mini Trampoline

DMT L2 - 13 & Under Women	18	DMT L2 - Men	17
DMT L1 - 13 & Over Women	36		
Stretch	12:05 - 12:25	DMT L2 - 13 & Under Women	
Specific Warm-up	12:25 - 12:40	DMT L2 - 13 & Under Women	
Competition (Two passes)	12:40 - 1:10	DMT L2 - 13 & Under Women	18
Competition (Two-Touch Warm-up)	1:10 - 1:40	DMT L2 - 13 & Under Women	18
Stretch	1:20 - 1:40	DMT L1 - 13 & Over Women (Group 1)	
Specific Warm-up	1:40 - 1:55	DMT L1 - 13 & Over Women (Group 1)	
Competition	1:55 - 2:25	DMT L1 - 13 & Over Women (Group 1)	18
Stretch	2:05 - 2:25	DMT L1 - 13 & Over Women (Group 2)	
Specific Warm-up	2:25 - 2:40	DMT L1 - 13 & Over Women (Group 2)	
Competition	2:40 - 3:10	DMT L1 - 13 & Over Women (Group 2)	18
Stretch	2:50 - 3:10	DMT L2 - Men	
Specific Warm-up	3:10 - 3:25	DMT L2 - Men	
Competition (Two passes)	3:25 - 3:50	DMT L2 - Men	17
Competition (Two-Touch Warm-up)	3:50 - 4:15	DMT L2 - Men	17

SCHEDULE V2 - TRA TUM 2nd Ontario Cup 2019 / Hosted by Just Bounce

Saturday March 23, 2019 / Flight # 4

Tumbling

TUM L5 - 15 & Under Women	8	TUM L5 - 16 & Over Women	8
TUM L5 - 15 & Under Men	3	TUM L5 - 16 & Over Men	1
Stretch	4:35 - 4:55	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	
Specific Warm-up	4:55 - 5:20	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	
Competition	5:20 - 5:45	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	11
Finals	5:45 - 6:20	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	11
Stretch	6:00 - 6:20	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	
Specific Warm-up	6:20 - 6:40	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	
Competition	6:40 - 7:00	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	9
Finals	7:00 - 7:30	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	9

SCHEDULE V2 - TRA TUM 2nd Ontario Cup 2019 / Hosted by Just Bounce

Sunday March 24, 2019 / Flight # 5

Trampoline 1 & 2

TRA L3 - 14 Women	9	TRA L3 - 16 & Over Women	17
TRA L3 - 15 Women	16	TRA L4 - 16 & Over Women	5
Stretch	8:25 - 8:45	TRA L3 - 14 Women	
Specific Warm-up	8:45 - 9:00	TRA L3 - 14 Women	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:30	TRA L3 - 14 Women	9
Stretch	9:10 - 9:30	TRA L3 - 15 Women	
Specific Warm-up	9:30 - 9:50	TRA L3 - 15 Women	
Competition	9:50 - 10:35	TRA L3 - 15 Women	16
Stretch	10:15 - 10:35	TRA L3 - 16 & Over Women	
Specific Warm-up	10:35 - 11:00	TRA L3 - 16 & Over Women	
Competition	11:00 - 11:50	TRA L3 - 16 & Over Women	17
Stretch	11:30 - 11:50	TRA L4 - 16 & Over Women	
Specific Warm-up	11:50 - 12:00	TRA L4 - 16 & Over Women	
Competition	12:00 - 12:15	TRA L4 - 16 & Over Women	5
Judges' Break	12:15 - 1:00		

Trampoline 3 & 4

TRA L2 - 12 & Under Women	17	TRA L3 - 15 & Over Men	10
TRA L4 - 15 & Under Women	18		
Stretch	8:15 - 8:35	TRA L2 - 12 & Under Women	
Specific Warm-up	8:35 - 9:00	TRA L2 - 12 & Under Women	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:55	TRA L2 - 12 & Under Women	17
Stretch	9:35 - 9:55	TRA L4 - 15 & Under Women	
Specific Warm-up	9:55 - 10:20	TRA L4 - 15 & Under Women	
Competition	10:20 - 11:10	TRA L4 - 15 & Under Women	18
Stretch	10:50 - 11:10	TRA L3 - 15 & Over Men	
Specific Warm-up	11:10 - 11:25	TRA L3 - 15 & Over Men	
Competition	11:25 - 11:55	TRA L3 - 15 & Over Men	10
Judges' Break	11:55 - 12:40		

Tumbling

TUM L1 - Men	18	TUM L3 - 14 & Under Women	18
TUM L2 - 15 & Over Women	17	TUM L2 - 13 & 14 Women	19
Stretch	8:20 - 8:40	TUM L1 - Men	
Specific Warm-up	8:40 - 9:00	TUM L1 - Men	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:40	TUM L1 - Men	18
Stretch	9:20 - 9:40	TUM L2 - 15 & Over Women	
Specific Warm-up	9:40 - 10:00	TUM L2 - 15 & Over Women	
Competition	10:00 - 10:35	TUM L2 - 15 & Over Women	17
Stretch	10:15 - 10:35	TUM L3 - 14 & Under Women	
Specific Warm-up	10:35 - 10:55	TUM L3 - 14 & Under Women	
Competition	10:55 - 11:30	TUM L3 - 14 & Under Women	18
Stretch	11:10 - 11:30	TUM L2 - 13 & 14 Women	
Specific Warm-up	11:30 - 11:50	TUM L2 - 13 & 14 Women	
Competition	11:50 - 12:30	TUM L2 - 13 & 14 Women	19
Judges' Break	12:30 - 1:15		

Double-Mini Trampoline

DMT L5 - 16 & Under Women	6	DMT L6 - 18 & Over Women	2
DMT L5 - 16 & Under Men	6	DMT L6 - 18 & Over Men	4
DMT L5 - 17 & Over Women	5	DMT Junior - Men	2
DMT L5 - 17 & Over Men	5	DMT Senior - Women	1
DMT L6 - 17 & Under Women	3	DMT Senior - Men	1
DMT L6 - 17 & Under Men	1		
Stretch	8:20 - 8:40	DMT L5 - 16U Women, DMT L5 - 16U Men	
Specific Warm-up	8:40 - 9:00	DMT L5 - 16U Women, DMT L5 - 16U Men	
National Anthem	9:00 - 9:05		
Competition (Two passes)	9:05 - 9:25	DMT L5 - 16U Women, DMT L5 - 16U Men	12
Competition (Two-Touch Warm-up)	9:25 - 9:45	DMT L5 - 16U Women, DMT L5 - 16U Men	12
Stretch	9:25 - 9:45	DMT L5 - 17 & Over Women, DMT L5 - 17 & Over Men	
Specific Warm-up	9:45 - 10:00	DMT L5 - 17 & Over Women, DMT L5 - 17 & Over Men	
Competition (Two passes)	10:00 - 10:20	DMT L5 - 17 & Over Women, DMT L5 - 17 & Over Men	10
Competition (Two-Touch Warm-up)	10:20 - 10:40	DMT L5 - 17 & Over Women, DMT L5 - 17 & Over Men	10
Stretch	10:20 - 10:40	DMT L6 Women & Men (all ages), DMT Jun - Men, DMT Sen - Women, DMT Sen - Men	
Specific Warm-up	10:40 - 11:05	DMT L6 Women & Men (all ages), DMT Jun - Men, DMT Sen - Women, DMT Sen - Men	
Competition (Two passes)	11:05 - 11:30	DMT L6 Women & Men (all ages), DMT Jun - Men, DMT Sen - Women, DMT Sen - Men	14
Competition (Two-Touch Warm-up)	11:30 - 11:55	DMT L6 Women & Men (all ages), DMT Jun - Men, DMT Sen - Women, DMT Sen - Men	14
Judges' Break	11:55 - 12:40		

SCHEDULE V2 - TRA TUM 2nd Ontario Cup 2019 / Hosted by Just Bounce

Sunday March 24, 2019 / Flight # 6

Trampoline 1 & 2

TRA L4 - Men	20	TRA L5 - 17 & Over Men	6
TRA L5 - 16 & Under Men	7	TRA Junior - Men	4
Stretch	12:15 - 12:35	TRA L4 - Men	
Specific Warm-up	12:35 - 1:00	TRA L4 - Men	
Competition	1:00 - 1:55	TRA L4 - Men	20
Stretch	1:35 - 1:55	TRA L5 - 16 & Under Men	
Specific Warm-up	1:55 - 2:15	TRA L5 - 16 & Under Men	
Competition	2:15 - 2:40	TRA L5 - 16 & Under Men	7
Finals	2:40 - 2:55	TRA L5 - 16 & Under Men	7
Stretch	2:35 - 2:55	TRA L5 - 17 & Over Men, TRA Junior - Men	
Specific Warm-up	2:55 - 3:15	TRA L5 - 17 & Over Men, TRA Junior - Men	
Competition	3:15 - 3:50	TRA L5 - 17 & Over Men, TRA Junior - Men	10
Finals	3:50 - 4:10	TRA L5 - 17 & Over Men, TRA Junior - Men	10

Trampoline 3 & 4

TRA L3 - 13 & Under Women	14	TRA L6 - 17 & Under Women	4
TRA L5 - 17 & Over Women	18	TRA L6 - 17 & Under Men	3
Stretch	12:00 - 12:20	TRA L3 - 13 & Under Women	
Specific Warm-up	12:20 - 12:40	TRA L3 - 13 & Under Women	
Competition	12:40 - 1:20	TRA L3 - 13 & Under Women	14
Stretch	1:00 - 1:20	TRA L5 - 17 & Over Women (Group 1)	
Specific Warm-up	1:20 - 1:40	TRA L5 - 17 & Over Women (Group 1)	
Competition	1:40 - 2:15	TRA L5 - 17 & Over Women (Group 1)	9
Stretch	1:55 - 2:15	TRA L5 - 17 & Over Women (Group 2)	
Specific Warm-up	2:15 - 2:35	TRA L5 - 17 & Over Women (Group 2)	
Competition	2:35 - 3:10	TRA L5 - 17 & Over Women (Group 2)	9
Finals	3:20 - 3:40	TRA L5 - 17 & Over Women	10
Stretch	3:20 - 3:40	TRA L6 - 17U Women, TRA L6 - 17U Men	
Specific Warm-up	3:40 - 4:00	TRA L6 - 17U Women, TRA L6 - 17U Men	
Competition	4:00 - 4:25	TRA L6 - 17U Women, TRA L6 - 17U Men	7
Finals	4:25 - 4:40	TRA L6 - 17U Women, TRA L6 - 17U Men	7

Tumbling

TUM L6 - Women	6	TUM L4 - Women	27
TUM L6 - Men	3	TUM L4 - Men	3
Stretch	12:35 - 12:55	TUM L6 - Women, TUM L6 - Men	
Specific Warm-up	12:55 - 1:15	TUM L6 - Women, TUM L6 - Men	
Competition	1:15 - 1:35	TUM L6 - Women, TUM L6 - Men	9
Finals	1:35 - 2:05	TUM L6 - Women, TUM L6 - Men	9
Stretch	1:45 - 2:05	TUM L4 - Women (Group 1)	
Specific Warm-up	2:05 - 2:20	TUM L4 - Women (Group 1)	
Competition	2:20 - 2:55	TUM L4 - Women (Group 1)	14
Stretch	2:35 - 2:55	TUM L4 - Women (Group 2)	
Specific Warm-up	2:55 - 3:10	TUM L4 - Women (Group 2)	
Competition	3:10 - 3:50	TUM L4 - Women (Group 2), TUM L4 - Men	16
Finals Warm-up (all to finals)	3:50 - 4:00	TUM L4 - Women (Group 1)	
Finals (all to finals)	4:00 - 4:25	TUM L4 - Women (Group 1)	14
Finals Warm-up (all to finals)	4:25 - 4:35	TUM L4 - Women (Group 2), TUM L4 - Men	
Finals (all to finals)	4:35 - 5:05	TUM L4 - Women (Group 2), TUM L4 - Men	16

Double-Mini Trampoline

DMT L1 - Men	12	DMT L1 - 12 & Under Women	25
DMT L2 - 15 & Over Women	20		
Stretch	12:10 - 12:30	DMT L1 - Men	
Specific Warm-up	12:30 - 12:40	DMT L1 - Men	
Competition	12:40 - 1:00	DMT L1 - Men	12
Stretch	12:40 - 1:00	DMT L2 - 15 & Over Women	
Specific Warm-up	1:00 - 1:15	DMT L2 - 15 & Over Women	
Competition (Two passes)	1:15 - 1:45	DMT L2 - 15 & Over Women	20
Competition (Two-Touch Warm-up)	1:45 - 2:15	DMT L2 - 15 & Over Women	20
Stretch	1:55 - 2:15	DMT L1 - 12 & Under Women (Group 1)	
Specific Warm-up	2:15 - 2:25	DMT L1 - 12 & Under Women (Group 1)	
Competition	2:25 - 2:45	DMT L1 - 12 & Under Women (Group 1)	13
Stretch	2:25 - 2:45	DMT L1 - 12 & Under Women (Group 2)	
Specific Warm-up	2:45 - 2:55	DMT L1 - 12 & Under Women (Group 2)	
Competition	2:55 - 3:15	DMT L1 - 12 & Under Women (Group 2)	12