

TRA & TUM 1st Ontario Cup 2019 / Hosted by OAA

Friday February 8, 2019 / Flight # 1 - V2

Trampoline 1 & 2

TRA L1 - 12 & Under Women	27	TRA L1 - 13 & Over Men	17
TRA L1 - 12 & Under Men	7		
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 - 4:45	TRA L1 - 12 & Under Women (Group 1)	14
Stretch	4:25 - 4:45	TRA L1 - 12 & Under Women (Group 2)	
Specific Warm-up	4:45 - 5:05	TRA L1 - 12 & Under Women (Group 2)	
Competition	5:05 - 5:40	TRA L1 - 12 & Under Women (Group 2)	13
Stretch	5:20 - 5:40	TRA L1 - 12 & Under Men	
Specific Warm-up	5:40 - 5:50	TRA L1 - 12 & Under Men	
Competition	5:50 - 6:10	TRA L1 - 12 & Under Men	7
Stretch	5:50 - 6:10	TRA L1 - 13 & Over Men	
Specific Warm-up	6:10 - 6:35	TRA L1 - 13 & Over Men	
Competition	6:35 - 7:25	TRA L1 - 13 & Over Men	17

Trampoline 3 & 4

TRS - L4	15	TRS - L2	31
TRS - L3	18		
Stretch	3:15 - 3:35	TRS - L4	
Specific Warm-up	3:35 - 4:00	TRS - L4	
National Anthem	4:00 - 4:05		
Competition	4:05 - 4:30	TRS - L4	15
Stretch	4:10 - 4:30	TRS - L3	
Specific Warm-up	4:30 - 5:00	TRS - L3	
Competition	5:00 - 5:30	TRS - L3	18
Stretch	5:10 - 5:30	TRS - L2 (Group 1)	
Specific Warm-up	5:30 - 5:55	TRS - L2 (Group 1)	
Competition	5:55 - 6:20	TRS - L2 (Group 1)	16
Stretch	6:00 - 6:20	TRS - L2 (Group 2)	
Specific Warm-up	6:20 - 6:45	TRS - L2 (Group 2)	
Competition	6:45 - 7:10	TRS - L2 (Group 2)	15

Double-Mini Trampoline

DMT L2 - 14 Women	12		
Stretch	6:50 - 7:10	DMT L2 - 14 Women	
Specific Warm-up	7:10 - 7:20	DMT L2 - 14 Women	
Competition (Two passes)	7:20 - 7:40	DMT L2 - 14 Women	12
Competition (Two-Touch Warm-up)	7:40 - 8:00	DMT L2 - 14 Women	12

* 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.

Tribute Communities Centre (Rink 2)
99 Athol Street East
Oshawa ON

Saturday February 9, 2019 / Flight # 2 - V2

Trampoline 1 & 2

TRA L1 - 13 & 14 Women	24	TRA L2 - 14 Women	19
TRA L1 - 15 & Over Women	9		
Stretch	8:25 - 8:45	TRA L1 - 13 & 14 Women (Group 1)	
Specific Warm-up	8:45 - 9:00	TRA L1 - 13 & 14 Women (Group 1)	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:40	TRA L1 - 13 & 14 Women (Group 1)	12
Stretch	9:20 - 9:40	TRA L1 - 13 & 14 Women (Group 2)	
Specific Warm-up	9:40 - 9:55	TRA L1 - 13 & 14 Women (Group 2)	
Competition	9:55 - 10:30	TRA L1 - 13 & 14 Women (Group 2)	12
Stretch	10:10 - 10:30	TRA L1 - 15 & Over Women	
Specific Warm-up	10:30 - 10:45	TRA L1 - 15 & Over Women	
Competition	10:45 - 11:10	TRA L1 - 15 & Over Women	9
Stretch	10:50 - 11:10	TRA L2 - 14 Women	
Specific Warm-up	11:10 - 11:35	TRA L2 - 14 Women	
Competition	11:35 - 12:30	TRA L2 - 14 Women	19
Judges' Break	12:30 - 1:15		

Trampoline 3 & 4

TRA L2 - 14 & Over Men	24	TRA L3 - 14 & Under Men	12
TRA L2 - 13 & Under Men	16		
Stretch	8:25 - 8:45	TRA L2 - 14 & Over Men (Group 1)	
Specific Warm-up	8:45 - 9:00	TRA L2 - 14 & Over Men (Group 1)	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:40	TRA L2 - 14 & Over Men (Group 1)	12
Stretch	9:20 - 9:40	TRA L2 - 14 & Over Men (Group 2)	
Specific Warm-up	9:40 - 9:55	TRA L2 - 14 & Over Men (Group 2)	
Competition	9:55 - 10:30	TRA L2 - 14 & Over Men (Group 2)	12
Stretch	10:10 - 10:30	TRA L2 - 13 & Under Men	
Specific Warm-up	10:30 - 10:50	TRA L2 - 13 & Under Men	
Competition	10:50 - 11:35	TRA L2 - 13 & Under Men	16
Stretch	11:15 - 11:35	TRA L3 - 14 & Under Men	
Specific Warm-up	11:35 - 11:50	TRA L3 - 14 & Under Men	
Competition	11:50 - 12:25	TRA L3 - 14 & Under Men	12
Judges' Break	12:25 - 1:10		

Tumbling

TUM L1 - 9 & 10 Women	14	TUM L2 - Men	9
TUM L1 -11 Women	19	TUM L3 - Men	4
TUM L1 -12 Women	13		
Stretch	8:25 - 8:45	TUM L1 - 9 & 10 Women	
Specific Warm-up	8:45 - 9:00	TUM L1 - 9 & 10 Women	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:35	TUM L1 - 9 & 10 Women	14
Stretch	9:15 - 9:35	TUM L1 -11 Women	
Specific Warm-up	9:35 - 9:55	TUM L1 -11 Women	
Competition	9:55 - 10:35	TUM L1 -11 Women	19
Stretch	10:15 - 10:35	TUM L1 -12 Women	
Specific Warm-up	10:35 - 10:50	TUM L1 -12 Women	
Competition	10:50 - 11:15	TUM L1 -12 Women	13
Stretch	10:55 - 11:15	TUM L2 - Men, TUM L3 - Men	
Specific Warm-up	11:15 - 11:30	TUM L2 - Men, TUM L3 - Men	
Competition	11:30 - 11:55	TUM L2 - Men, TUM L3 - Men	13
Judges' Break	11:55 - 12:40		

Double-Mini Trampoline

DMT L3 - 15 & Over Women	18	DMT L4 - Women	20
DMT L3 - 14 & Under Women	9		
Stretch	8:15 - 8:35	DMT L3 - 15 & Over Women	
Specific Warm-up	8:35 - 9:00	DMT L3 - 15 & Over Women	
National Anthem	9:00 - 9:05		
Competition (Two passes)	9:05 - 9:35	DMT L3 - 15 & Over Women	18
Competition (Two-Touch Warm-up)	9:35 - 10:05	DMT L3 - 15 & Over Women	18
Stretch	9:45 - 10:05	DMT L3 - 14 & Under Women	
Specific Warm-up	10:05 - 10:20	DMT L3 - 14 & Under Women	
Competition (Two passes)	10:20 - 10:40	DMT L3 - 14 & Under Women	9
Competition (Two-Touch Warm-up)	10:40 - 10:55	DMT L3 - 14 & Under Women	9
Stretch	10:35 - 10:55	DMT L4 - Women	
Specific Warm-up	10:55 - 11:25	DMT L4 - Women	
Competition (Two passes)	11:25 - 11:55	DMT L4 - Women	20
Competition (Two-Touch Warm-up)	11:55 - 12:25	DMT L4 - Women	20
Judges' Break	12:25 - 1:10		

Saturday February 9, 2019 / Flight # 3 - V2

Trampoline 1 & 2

TRA L5 - 16 & Under Women	15	TRA L2 - 15 & Over Women	20
TRA L2 - 13 Women	23		
Stretch	12:25 - 12:45	TRA L5 - 16 & Under Women	
Specific Warm-up	12:45 - 1:15	TRA L5 - 16 & Under Women	
Competition	1:15 - 2:10	TRA L5 - 16 & Under Women	15
Finals	2:20 - 2:40	TRA L5 - 16 & Under Women	10
Stretch	2:20 - 2:40	TRA L2 - 13 Women (Group 1)	
Specific Warm-up	2:40 - 2:55	TRA L2 - 13 Women (Group 1)	
Competition	2:55 - 3:30	TRA L2 - 13 Women (Group 1)	12
Stretch	3:10 - 3:30	TRA L2 - 13 Women (Group 2)	
Specific Warm-up	3:30 - 3:45	TRA L2 - 13 Women (Group 2)	
Competition	3:45 - 4:15	TRA L2 - 13 Women (Group 2)	11
Stretch	3:55 - 4:15	TRA L2 - 15 & Over Women	
Specific Warm-up	4:15 - 4:40	TRA L2 - 15 & Over Women	
Competition	4:40 - 5:35	TRA L2 - 15 & Over Women	20

Tumbling

TUM L1 - 13 Women	16	TUM L3 - 15 & Over Women	12
TUM L1 - 14 & Over Women	17	TUM L5 - 15 & Under Women	7
TUM L2 - 12 & Under Women	13	TUM L5 - 15 & Under Men	3
Stretch	12:00 - 12:20	TUM L1 - 13 Women	
Specific Warm-up	12:20 - 12:40	TUM L1 - 13 Women	
Competition	12:40 - 1:15	TUM L1 - 13 Women	16
Stretch	12:55 - 1:15	TUM L1 - 14 & Over Women	
Specific Warm-up	1:15 - 1:35	TUM L1 - 14 & Over Women	
Competition	1:35 - 2:10	TUM L1 - 14 & Over Women	17
Stretch	1:50 - 2:10	TUM L2 - 12 & Under Women	
Specific Warm-up	2:10 - 2:25	TUM L2 - 12 & Under Women	
Competition	2:25 - 2:50	TUM L2 - 12 & Under Women	13
Stretch	2:30 - 2:50	TUM L3 - 15 & Over Women	
Specific Warm-up	2:50 - 3:05	TUM L3 - 15 & Over Women	
Competition	3:05 - 3:30	TUM L3 - 15 & Over Women	12
Stretch	3:10 - 3:30	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	
Specific Warm-up	3:30 - 3:50	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	
Competition	3:50 - 4:15	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	10
Finals	4:15 - 4:50	TUM L5 - 15 & Under Women, TUM L5 - 15 & Under Men	10
Judges' Break	4:50 - 5:35		

Trampoline 3 & 4

TRA L6 - 18 & Over Women	8	TRS L5 - Men	10
TRA L6 - 18 & Over Men	8		
TRA Junior Women	2		
TRS L5 - Women	11		
Stretch	12:30 - 12:50	TRA L6 - 18 & Over Women	
Specific Warm-up	12:50 - 1:10	TRA L6 - 18 & Over Women	
Competition	1:10 - 1:40	TRA L6 - 18 & Over Women	8
Finals	1:40 - 2:00	TRA L6 - 18 & Over Women	8
Stretch	1:40 - 2:00	TRA L6 - 18 & Over Men, TRA Junior Women	
Specific Warm-up	2:00 - 2:20	TRA L6 - 18 & Over Men, TRA Junior Women	
Competition	2:20 - 2:55	TRA L6 - 18 & Over Men, TRA Junior Women	
Finals	2:55 - 3:15	TRA L6 - 18 & Over Men, TRA Junior Women	10
Stretch	2:55 - 3:15	TRS L5 Women	
Specific Warm-up	3:15 - 3:45	TRS L5 Women	
Competition (1 routine only)	3:45 - 4:15	TRS L5 Women	11
Stretch	3:55 - 4:15	TRS L5 Men	
Specific Warm-up	4:15 - 4:40	TRS L5 Men	
Competition (1 routine only)	4:40 - 5:05	TRS L5 Men	10
Judges' Break	5:05 - 5:50		

Double-Mini Trampoline

DMT L2 - 13 & Under Women	18	DMT L2 - Men	17
DMT L1 - 13 & Over Women	31	DMT L4 - Men	7
Stretch	12:35 - 12:55	DMT L2 - 13 & Under Women	
Specific Warm-up	12:55 - 1:10	DMT L2 - 13 & Under Women	
Competition (Two passes)	1:10 - 1:40	DMT L2 - 13 & Under Women	18
Competition (Two-Touch Warm-up)	1:40 - 2:10	DMT L2 - 13 & Under Women	18
Stretch	1:40 - 2:10	DMT L1 - 13 & Over Women (Group 1)	
Specific Warm-up	2:10 - 2:25	DMT L1 - 13 & Over Women (Group 1)	
Competition	2:25 - 2:50	DMT L1 - 13 & Over Women (Group 1)	16
Stretch	2:30 - 2:50	DMT L1 - 13 & Over Women (Group 2)	
Specific Warm-up	2:50 - 3:05	DMT L1 - 13 & Over Women (Group 2)	
Competition	3:05 - 3:30	DMT L1 - 13 & Over Women (Group 2)	15
Stretch	3:10 - 3:30	DMT L2 - Men	
Specific Warm-up	3:30 - 3:45	DMT L2 - Men	
Competition (Two passes)	3:45 - 4:10	DMT L2 - Men	17
Competition (Two-Touch Warm-up)	4:10 - 4:35	DMT L2 - Men	17
Stretch	4:15 - 4:35	DMT L4 - Men	
Specific Warm-up	4:35 - 4:50	DMT L4 - Men	
Competition (Two passes)	4:50 - 5:00	DMT L4 - Men	7
Competition (Two-Touch Warm-up)	5:00 - 5:10	DMT L4 - Men	7

Saturday February 9, 2019 / Flight # 4 - V2

Trampoline 3 & 4

TRA Senior - Women	8	TRS Senior - Women	1
TRA Senior - Men	2	TRS Senior - Men	2
Stretch	5:10 - 5:30	TRA Senior - Women, TRA Senior - Men	
Specific Warm-up	5:30 - 5:50	TRA Senior - Women, TRA Senior - Men	
Competition	5:50 - 6:25	TRA Senior - Women, TRA Senior - Men	10
Finals	6:25 - 6:45	TRA Senior - Women, TRA Senior - Men	10
Stretch	6:25 - 6:45	TRS Senior - Women, TRS Senior - Men	
Specific Warm-up	6:45 - 7:00	TRS Senior - Women, TRS Senior - Men	
Competition (2 routines)	7:00 - 7:10	TRS Senior - Women, TRS Senior - Men	3

Tumbling

TUM L5 - 16 & Over Women	7		
TUM L5 - 16 & Over Men	2		
Stretch	5:00 - 5:20	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	
Specific Warm-up	5:20 - 5:40	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	
Competition	5:40 - 6:00	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	9
Finals	6:00 - 6:30	TUM L5 - 16 & Over Women, TUM L5 - 16 & Over Men	9

Sunday February 10, 2019 / Flight # 5 - V2

Trampoline 1 & 2

TRA L3 - 14 Women	8	TRA L3 - 16 & Over Women	19
TRA L3 - 15 Women	18		
Stretch	8:30 - 8:50	TRA L3 - 14 Women	
Specific Warm-up	8:50 - 9:00	TRA L3 - 14 Women	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:30	TRA L3 - 14 Women	8
Stretch	9:10 - 9:30	TRA L3 - 15 Women	
Specific Warm-up	9:30 - 9:55	TRA L3 - 15 Women	
Competition	9:55 - 10:45	TRA L3 - 15 Women	18
Stretch	10:25 - 10:45	TRA L3 - 16 & Over Women	
Specific Warm-up	10:45 - 11:10	TRA L3 - 16 & Over Women	
Competition	11:10 - 12:05	TRA L3 - 16 & Over Women	19
Judges' Break	12:05 - 12:50		

Trampoline 3 & 4

TRA L2 - 12 & Under Women	17	TRA L3 - 15 & Over Men	10
TRA L4 - 15 & Under Women	23		
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 (Group 1)	
Specific Warm-up	9:55 - 10:10	TRA L4 - 15 & Under Women (Group 1)	
Competition	10:10 - 10:45	TRA L4 - 15 & Under Women (Group 1)	12
Stretch	10:25 - 10:45	TRA L4 - 15 & Under Women (Group 2)	
Specific Warm-up	10:45 - 11:00	TRA L4 - 15 & Under Women (Group 2)	
Competition	11:00 - 11:30	TRA L4 - 15 & Under Women (Group 2)	11
Stretch	11:10 - 11:30	TRA L3 - 15 & Over Men	
Specific Warm-up	11:30 - 11:45	TRA L3 - 15 & Over Men	
Competition	11:45 - 12:15	TRA L3 - 15 & Over Men	10
Judges' Break	12:15 - 1:00		

Tumbling

TUM L1 - Men	15	TUM L3 - 14 & Under Women	20
TUM L2 - 15 & Over Women	17	TUM L2 - 13 & 14 Women	18
Stretch	8:25 - 8:45	TUM L1 - Men	
Specific Warm-up	8:45 - 9:00	TUM L1 - Men	
National Anthem	9:00 - 9:05		
Competition	9:05 - 9:35	TUM L1 - Men	15
Stretch	9:15 - 9:35	TUM L2 - 15 & Over Women	
Specific Warm-up	9:35 - 9:55	TUM L2 - 15 & Over Women	
Competition	9:55 - 10:30	TUM L2 - 15 & Over Women	17
Stretch	10:10 - 10:30	TUM L3 - 14 & Under Women	
Specific Warm-up	10:30 - 10:50	TUM L3 - 14 & Under Women	
Competition	10:50 - 11:30	TUM L3 - 14 & Under Women	20
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 - 12:25	TUM L2 - 13 & 14 Women	18
Judges' Break	12:25 - 1:10		

Double-Mini Trampoline

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

Sunday February 10, 2019 / Flight # 6 - V2

Trampoline 1 & 2

TRA L4 - 16 & Over Women	9	TRA L5 - 17 & Over Men	9
TRA L4 - Men	21	TRA Junior - Men	4
TRA L5 - 16 & Under Men	7		
Stretch	12:15 - 12:35	TRA L4 - 16 & Over Women	
Specific Warm-up	12:35 - 12:50	TRA L4 - 16 & Over Women	
Competition	12:50 - 1:15	TRA L4 - 16 & Over Women	9
Stretch	12:55 - 1:15	TRA L4 - Men (Group 1)	
Specific Warm-up	1:15 - 1:30	TRA L4 - Men (Group 1)	
Competition	1:30 - 2:00	TRA L4 - Men (Group 1)	11
Stretch	1:40 - 2:00	TRA L4 - Men (Group 2)	
Specific Warm-up	2:00 - 2:15	TRA L4 - Men (Group 2)	
Competition	2:15 - 2:45	TRA L4 - Men (Group 2)	10
Stretch	2:25 - 2:45	TRA L5 - 16 & Under Men	
Specific Warm-up	2:45 - 3:05	TRA L5 - 16 & Under Men	
Competition	3:05 - 3:30	TRA L5 - 16 & Under Men	7
Finals	3:30 - 3:45	TRA L5 - 16 & Under Men	7
Stretch	3:25 - 3:45	TRA L5 - 17 & Over Men, TRA Junior - Men	
Specific Warm-up	3:45 - 4:10	TRA L5 - 17 & Over Men, TRA Junior - Men	
Competition	4:10 - 4:55	TRA L5 - 17 & Over Men, TRA Junior - Men	13
Finals	4:55 - 5:20	TRA L5 - 17 & Over Men, TRA Junior - Men	13

Tumbling

TUM L6 - Women	6	TUM Senior - Men	1
TUM L6 - Men	3	TUM L4 - Women	25
TUM Junior - Women	1	TUM L4 - Men	3
Stretch	12:25 - 12:45	TUM L6 - Women, TUM L6 - Men, TUM Junior - Women, TUM Senior - Men	
Specific Warm-up	12:45 - 1:10	TUM L6 - Women, TUM L6 - Men, TUM Junior - Women, TUM Senior - Men	
Competition	1:10 - 1:35	TUM L6 - Women, TUM L6 - Men, TUM Junior - Women, TUM Senior - Men	11
Finals	1:35 - 2:10	TUM L6 - Women, TUM L6 - Men, TUM Junior - Women, TUM Senior - Men	11
Stretch	1:50 - 2:10	TUM L4 - Women (Group 1)	
Specific Warm-up	2:10 - 2:30	TUM L4 - Women (Group 1)	
Competition	2:30 - 3:00	TUM L4 - Women (Group 1)	13
Stretch	2:40 - 3:00	TUM L4 - Women (Group 2)	
Specific Warm-up	3:00 - 3:25	TUM L4 - Women (Group 2)	
Competition	3:25 - 4:05	TUM L4 - Women (Group 2), TUM L4 - Men	15
Finals (all to finals, Two-touch)	4:05 - 4:30	TUM L4 - Women (Group 1)	13
Finals (all to finals, Two-touch)	4:30 - 5:05	TUM L4 - Women (Group 2), TUM L4 - Men	15

Trampoline 3 & 4

TRA L3 - 13 & Under Women	16	TRA L6 - 17 & Under Women	6
TRA L5 - 17 & Over Women	19	TRA L6 - 17 & Under Men	7
Stretch	12:20 - 12:40	TRA L3 - 13 & Under Women	
Specific Warm-up	12:40 - 1:00	TRA L3 - 13 & Under Women	
Competition	1:00 - 1:45	TRA L3 - 13 & Under Women	16
Stretch	1:25 - 1:45	TRA L5 - 17 & Over Women (Group 1)	
Specific Warm-up	1:45 - 2:05	TRA L5 - 17 & Over Women (Group 1)	
Competition	2:05 - 2:40	TRA L5 - 17 & Over Women (Group 1)	10
Stretch	2:20 - 2:40	TRA L5 - 17 & Over Women (Group 2)	
Specific Warm-up	2:40 - 3:00	TRA L5 - 17 & Over Women (Group 2)	
Competition	3:00 - 3:35	TRA L5 - 17 & Over Women (Group 2)	9
Finals	3:45 - 4:05	TRA L5 - 17 & Over Women (Group 2)	10
Stretch	3:45 - 4:05	TRA L6 - 17U Women, TRA L6 - 17U Men	
Specific Warm-up	4:05 - 4:30	TRA L6 - 17U Women, TRA L6 - 17U Men	
Competition	4:30 - 5:15	TRA L6 - 17U Women, TRA L6 - 17U Men	13
Finals	5:15 - 5:40	TRA L6 - 17U Women, TRA L6 - 17U Men	13

Double-Mini Trampoline

DMT L1 - Men	13	DMT L1 - 12 & Under Women	24
DMT L2 - 15 & Over Women	19	DMT L3 - Men	11
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	13
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	19
Competition (Two-Touch Warm-up)	1:45 - 2:15	DMT L2 - 15 & Over Women	19
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)	12
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
Stretch	2:55 - 3:15	DMT L3 - Men	
Specific Warm-up	3:15 - 3:30	DMT L3 - Men	
Competition (Two passes)	3:30 - 3:50	DMT L3 - Men	11
Competition (Two-Touch Warm-up)	3:50 - 4:10	DMT L3 - Men	11