

SESSION 1

Level 2, 4

31

9:00 – 9:30 (30) General Stretch
 9:30 – 9:45 (15) Introduce Teams
 9:45 – 11:30 (1:45) Compete & warm up
 11:30 – 12:00 (30) Awards

VAULT 9

Step Ahead L2 9

BARS 10

Grassroots L2 10

BEAM7

Rock Solid L4 7

FLOOR 5

Step Ahead L4 3
 Grassroots L4 2

SESSION 2

Level 3, 5,

30

12:15 – 12:45 (30) General Stretch
 12:45 - 1:00 (15) Introduce Teams
 1:00 – 2:30 (1:30) Compete and warm up
 2:30 – 3:00 (30) Awards

VAULT 9

Grassroots L3 8
 Grassroots L5 1

BARS 7

Steep Ahead L3 7

BEAM 7

Rock Solid L3 7

FLOOR 7

Rock Solid L3 4
 Rock Solid L5 3

SESSION 3

Level 7, 8, 9, 10

30

3:15– 3:45 (30) General Stretch
 3:45 - 4:00 (15) Introduce Teams
 4:00 - 6:00 (2:00) Compete & Warm up
 6:00 –6:30 (30) Awards

VAULT 7

Ocean Flip L7 5
 Ocean Flip L10 2

BARS 5

Step Ahead L7 1
 Step Ahead L8 3
 Rock Solid L9 1

BEAM 9

Ocean Flip L9 9

FLOOR 9

Ocean Flip L8 9

Sunday Nov. 17, 2024

SESSION 4 **Level 6, Bronze** **37**

9:00 – 9:30 (30) General Stretch
9:30 – 9:45 (15) Introduce Teams
9:45 – 12:15 (2:30) Compete & warm up
12:15 – 12:45 (30) Awards

VAULT 9
Ocean Flip B 9

BARS 10
Ocean Flip B 5
Grassroots B 5

BEAM 8
Step Ahead L6 2
Grassroots L6 1
Rock Solid L6 5

FLOOR 10
Ocean Flip L6 10

SESSION 5 **Silver** **28**

1:00 – 1:30 (30) General Stretch
1:30 - 1:45 (15) Introduce Teams
1:45 – 3:00 (1:15) Compete & warm ups
3:00 – 3:30 (30) Awards

VAULT 7
Ocean Flip S 7

BARS 7
Ocean Flip S 7

BEAM 7
Ocean Flip S 7

FLOOR 7
Ocean Flip S 5
Steep Ahead S 2

SESSION 6 **Gold, Plat** **31**

3:45 – 4:15 (30) General Stretch
4:15 - 4:30 (15) Introduce Teams
4:30 – 6:45 (2:15) Compete & Warm ups
6:45– 7:15 (30) Awards

VAULT 7
Ocean Flip G 7

BARS 8
Ocean Flip G 8

BEAM 8
Ocean Flip G 4
Ocean Flip P 4

FLOOR 8
Step Ahead G 1
Grassroots G 3
Step Ahead P 1
Grassroots P 3