

Tentative 2022 Region 6 T&T Championships Session Schedule

Friday May 13		<i>Team Assignments to Training Sessions Next Page</i>		
Set up 9:00a - 3:00p	Training Session A 2:45 - 5:00 By Team, All Levels	Training Session B 4:45 - 7:00 By Team, All Levels	Training Session C 6:45 - 9:00 By Team, All Levels	
Saturday May 14 doors open for athletes at 7:45a				
Session 1 51athletes 8:30a -10:15a 1.75 Hrs + Awards 28 Girls 8 & under Levels 1- 9 23 Boys 10 & under Levels 1-10	Session 2 72 athletes 10:30a - 1:00p 2.5 Hrs + Awards 72 Girls 9-10yrs, Levels 1- 10	Session 3 61 athletes 1:15 - 3:15 2.0 Hrs + Awards 61 Girls 11-12yrs, Levels 1- 6	Session 4 50 athletes 3:30 - 5:30 2.0 Hrs + Awards 30 Girls 11-12yrs, Levels 7 - 10 20 Boys 11-12yrs, Levels 1-10	Session 5 23 groups 6:00 - 7:30 1.5 Hrs + Awards All Synch 23 Levels 8 - Sr <i>(Synch Warm-up 5:00 - 5:45)</i>
Session 6 Saturday Evening, once the equipment is re-positioned after Synchro, approximately 7:30p - 9:30p Open Training for Sunday <i>Optional Athletes Only!</i> <i>(Please note: there are 115 Sunday Trampolinists Levels 8 - Sr)</i>				
Sunday May 15 doors open for athletes at 7:45a				
Session 7 63 athletes 8:30a - 10:30 2 Hrs + Awards 28 Boys 13-14yrs, Levels 1-Open 35 Girls 15-16yrs Levels 1-Open	Elite Session 8 W-Up 10:30-11:15 Elites (only)Warm-up	Session 8 65 athletes 11:15 - 1:45 2.5 Hrs + Awards 25 All Elite, M & W 25 Girls 13-14yrs, Levels 8 - Open 11 Boys 15-16yrs Levels 1- Open	Session 9 70 athletes 2:00 - 4:00 2.0 Hrs + Awards 41 Girls 13-14yrs, Levels 1-7 20 Girls 17+yrs Levels 1- Open 9 Boys 17+ Levels 1- Open	

All Session Start/End Times Are Approximate

Friday Training Group Assignments by Team

Friday May 13, 2022

Friday's Training Time begins with 15 minutes Stretching in the Staging Area before moving onto the competition floor for 2.0 hours. All Access to the competition floor is through Staging. Access to Staging is restricted to athletes scheduled for that time. You may only participate during that session to which your team is assigned. Each Training Group has approximately 157 athletes assigned.

Training Group A

Friday May 3

2:45 - 5:00

Dynamite Gymnastics Center
 Fairland Gymnastics
 Fusion Gymnastics Center, LLC
 Garden State Trampoline Academy
 Gymnastics Unlimited
 KMC Dance and Gymnastics Center
 Nook Gymnastics Academy
 Silver Stars Gymnastics
 Thrive Gym Annapolis
 United Gymnastix

Total Athletes 157

Training Group B

Friday May 3

4:45 - 7:00

Blaze Gymnastics
 Cavu Trampoline and Tumbling
 Dulles Gymnastics Academy
 Elite Trampoline Academy
 M-BC Flip Over
 Shine Tumblers
 Studio L AcroLab
 Westminster School of Gymnastics
 and Cheer

Total Athletes 157

Training Group C

Friday May 3

6:45 - 9:00

360IGym
 Astro Gymnastics Center
 Bull Run Academy of Gymnastics
 Capital Gymnastics NTC
 Centre Elite Gymnastics Inc.
 Dynamic Gymnastics
 Invictus Gymnastics
 Pittsburgh Northstars
 Roots Gymnastics Center
 Silk City Gymnastics
 United Sports Academy
 USA Trampoline Academy
 Wendy Hilliard Gymnastics
 Foundation

Total Athletes 153