

SATURDAY, MARCH 25

7:30 Open Stretch - assigned training Group A
 8:00 Assigned Training Group A LEVEL 8 and UP ONLY (8:00 - 9:25)
 9:00 Open Stretch - assigned training Group B
 9:30 Assigned Training Group B LEVEL 8 and UP ONLY (9:30 - 10:55)
 10:30 Open Stretch for Session 1 athletes
 10:30 TU Elite Warm-up begins

NOTE: COMPS CARDS DUE
 AT THE END OF
 YOUR ASSIGNED TRAINING SESSION
 Note - TU open training will end at 10:30 am

SESSION 1

	TR1	TR2	DMT 1	DMT 2	TU
11.00	TRA Level 5 F 9-10 (1 of 2)	TRA Level 3 F 9-10 TRA Level 4 F 9-10		DMT Level 4 F 8-U	(Elite Warm-up cont.)
11.20	TRA Level 5 F 9-10 (2 of 2)	TRA Level 6 F 9-10 (1 of 2)		DMT Level 3 F 6-U DMT Level 3 F 7-8 DMT Level 5 F 8-U DMT Level 6 F 8-U	TUM Open Senior F 17-O TUM Open Senior M 17-O TUM Senior F 17-O
11.40	TRA Level 3 F 7-8 TRA Level 5 F 8-U TRA Level 6 F 8-U	TRA Level 6 F 9-10 (2 of 2)		DMT Level 3 M 7-8 DMT Level 4 M 8-U DMT Level 5 M 8-U DMT Level 5 M 9-10 DMT Level 6 M 8-U DMT Level 6 M 9-10	TUM Level 10 F 13-14 TUM Level 10 M 13-14 TUM Level 10 F 15-O TUM Level 10 M 15-O TUM Level 10 M 11-12
12.00	Elite Warm-up	TRA Level 3 F 6-U TRA Level 4 F 8-U	DMT Level 6 F 9-10 (1 of 2)	DMT Level 4 F 9-10	TUM Level 3 M 6-U TUM Level 3 M 7-8 TUM Level 4 M 8 & U TUM Level 4 M 9-10
12.20		TRA Level 4 M 9-10 TRA Level 5 M 9-10 TRA Level 6 M 9-10	DMT Level 6 F 9-10 (2 of 2)	DMT Level 5 F 9-10 (1 of 2)	<u>TUM Level 2 F 6-U</u> TUM Level 3 F 6-U <u>TUM Level 3 F 7-8</u> TUM Level 4 F 8-U
12.40		TRA Level 3 M 7-8 TRA Level 4 M 8-U TRA Level 5 M 8-U TRA Level 6 M 8-U		DMT Level 5 F 9-10 (2 of 2)	<u>TUM Level 3 F 9-10</u> TUM Level 4 F 9-10
13.00	AWARDS		12.30	Open stretch - Session 2 athletes	

12.30

Open stretch - Session 2 athletes

SESSION 2

	TR1	TR2	DMT 1	DMT 2	TU
13.00	TRA Junior F 15-16 TRA Junior M 15-16 TRA Open Senior F 17-O TRA Open Senior M 17-O TRA Senior F 17-O TRA Senior M 17-O	TRA Level 3 F 11-O TRA Level 4 F 11-12	DMT Level 8 F 10-U DMT Level 9 F 10-U	DMT Level 7 F 8-U DMT Level 7 F 9-10	TUM Level 5 M 9-10 TUM Level 6 M 8-U TUM Level 6 M 9-10 TUM Level 7 M 9-10 TUM Level 8 M 10-U
13.30	TRA Youth F 11-12 TRA Youth M 11-12 TRA Youth F 13-14 TRA Youth M 13-14	TRA Level 8 F 10-U TRA Level 9 F 10-U	DMT Level 7 M 9-10	DMT Level 5 F 11-12 (1 of 2)	TUM Level 5 F 9-10 (1 of 2)
14.00	TRA Level 10 F 15-O	TRA Level 7 M 9-10 TRA Level 8 M 10-U	DMT Level 5 M 11-12 DMT Level 6 M 11-12	DMT Level 5 F 11-12 (2 of 2)	TUM Level 5 F 9-10 (2 of 2)
14.30	TRA Level 10 F 10-U TRA Level 10 F 11-12 TRA Level 10 M 13-14	TRA Level 7 F 8-U TRA Level 7 F 9-10	Elite Warm-up	DMT Level 6 F 11-12 (1 of 2)	
15.00	TRA Level 10 M 15-O	SY - ALL		DMT Level 6 F 11-12 (2 of 2)	TUM Level 5 F 8-U TUM Level 6 F 8 & U TUM Level 7 F 9-10 TUM Level 8 F 10-U TUM Level 9 F 10-U
15.30	TRA Level 10 F 13-14			DMT Level 4 F 11-12	TUM Level 6 F 9-10

16.00

AWARDS

15.30

Open stretch - Session 3 athletes

15.30

Open stretch - Session 3 athletes

SESSION 3

	TR1	TR2	DMT 1	DMT 2	TU
16.00	TRA Level 5 F 11-12 (1 of 3)	TRA Level 6 F 11-12 (1 of 2)	DMT Open Senior M 17-O DMT Senior F 17-O DMT Senior M 17-O DMT Youth M 13-14	DMT Level 7 M 11-12	<u>TUM Level 3 F 11-O</u> TUM Level 4 F 11-12 (1 of 2)
16.20	TRA Level 5 F 11-12 (2 of 3)	TRA Level 6 F 11-12 (2 of 2)	DMT Level 10 F 15-O	DMT Level 8 F 11-12 DMT Level 9 F 11-12	TUM Level 4 F 11-12 (2 of 2)* <u>TUM Level 3 M 11-O</u> <u>TUM Level 4 M 11-12</u>
16.40	TRA Level 5 F 11-12 (3 of 3)	TRA Level 7 F 11-12	DMT Level 10 M 15-O		TUM Level 5 M 11-12 TUM Level 6 M 11-12 TUM Level 7 M 11-12
17.00	TRA Level 8 F 11-12 TRA Level 9 F 11-12	TRA Level 5 M 11-12	DMT Level 10 F 11-12 DMT Level 10 F 13-14	DMT Level 7 F 11-12	TUM Level 6 F 11-12 (1 of 2)
17.20	TRA Level 8 M 11-12 TRA Level 9 M 11-12	TRA Level 6 M 11-12 TRA Level 7 M 11-12	DMT Level 10 M 11-12 DMT Level 10 M 13-14		TUM Level 6 F 11-12 (2 of 2)
17.40				DMT Level 8 M 11-12 DMT Level 9 M 11-12	TUM Level 5 F 11-12 (1 of 2)
18.00					TUM Level F 11-12 (2 of 2)
18.20					TUM Level 7 F 11-12 TUM Level 8 F 11-12 TUM Level 9 F 11-12

18.30

Awards

08.30

Open Stretch - Session 4 athletes

SUNDAY, MARCH 26

08.30

Open Stretch - Session 4 athletes

SESSION 4

	TR1	TR2	DMT 1	DMT 2	TU
09.00	TRA Level 7 F 15-O	TRA Level 5 F 15-O TRA Level 6 F 15-O	DMT Level 5 F 13-14 (1 of 2)	DMT Level 6 F 13-14 (1 of 2)	TUM Level 6 F 13-14
09.25	TRA Level 5 M 15-O TRA Level 6 M 15-O TRA Level 7 M 15-O	TRA Level 5 M 13-14 TRA Level 6 M 13-14 TRA Level 7 M 13-14	DMT Level 5 F 13-14 (2 of 2)	DMT Level 6 F 13-14 (2 of 2)	TUM Level 5 F 13-14 (1 of 2)
09.50	TRA Level 5 F 13-14 (1 of 3)	TRA Level 7 F 13-14 (1 of 2)	DMT Level 7 F 13-14 (1 of 2)	DMT Level 5 M 13-14 DMT Level 6 M 13-14 DMT Level 7 M 13-14	TUM Level 5 F 13-14 (2 of 2)
10.15	TRA Level 5 F 13-14 (2 of 3)	TRA Level 7 F 13-14 (2 of 2)	DMT Level 7 F 13-14 (2 of 2)	DMT Level 5 M 15-O DMT Level 6 M 15-O DMT Level 7 M 15-O	TUM Level 5 F 15-O TUM Level 6 F 15-O
10.40	TRA Level 5 F 13-14 (3 of 3)	TRA Level 6 F 13-14 (1 of 2)	DMT Level 7 F 15-O	DMT Level 5 F 15-O DMT Level 6 F 15-O	TUM Level 4 M 13-14 TUM Level 5 M 13-14 TUM Level 5 M 15-O TUM Level 6 M 13-14
11.05		TRA Level 6 F 13-14 (2 of 2)			TUM Level 4 F 13-14 <u>TUM Level 4 F 15-O</u>

11.30

Awards

11.00

Open stretch - Session 5 athletes

11.00

Open stretch - Session 5 athletes

SESSION 5

	TR1	TR2	DMT 1	DMT 2	TU
11.30	TRA Level 8 F 13-14 (1 of 2)	TRA Level 9 F 13-14		DMT Level 8 F 15-O (1 of 2)	TUM Level 7 M 15-O TUM Level 8 M 15-O TUM Level 9 M 15-O
11.55	TRA Level 8 F 13-14 (2 of 2)	TRA Level 8 M 15-O TRA Level 9 M 15-O		DMT Level 8 F 15-O (2 of 2)	TUM Level 7 M 13-14 TUM Level 8 M 13-14 TUM Level 9 M 13-14
12.20	TRA Level 8 M 13-14 TRA Level 9 M 13-14		DMT Level 8 F 13-14 (1 of 2)	DMT Level 9 F 13-14 DMT Level 9 F 15-O	TUM Level 7 F 15-O
12.45	TRA Level 8 F 15-O (1 of 2)		DMT Level 8 F 13-14 (2 of 2)	DMT Level 8 M 13-14 DMT Level 9 M 13-14	TUM Level 8 F 15-O TUM Level 9 F 15-O
13.05	TRA Level 8 F 15-O (2 of 2)			DMT Level 8 M 15-O DMT Level 9 M 15-O	TUM Level 8 F 13-14 TUM Level 9 F 13-14
13.35	TRA Level 9 F 15-O				TUM Level 7 F 13-14
14:00	Awards				