



FRIDAY, MAY 5, 2023

***Sessions (except 8:00am) may begin 15 minutes prior to listed stretch time. Arrive early!!**

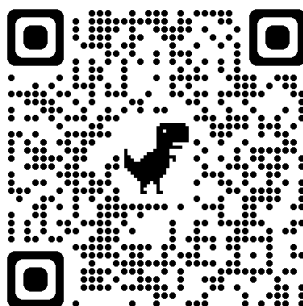
RED GYM

Session R1	GOLD	8:00am	Stretch
<i>Groups: A, B, C, D</i>		8:20am	Warm Up
Born 3/9/2013 & After		8:30am	Intro & Compete
		11:45am	Awards
Session R2	GOLD	11:45am	Stretch
<i>Groups: I, J, K, L</i>		12:05pm	Warm Up
Born 8/12/2011 - 4/17/2012		12:15pm	Intro & Compete
		3:30pm	Awards
Session R3	GOLD	3:30pm	Stretch
<i>Groups: Q, R, S, T</i>		3:50pm	Warm Up
Born 11/19/2009 - 11/14/2010		4:00pm	Intro & Compete
		7:15pm	Awards
Session R4	GOLD STATE TEAM	7:15pm	Stretch
		7:35pm	Warm Up
All Ages		7:45pm	Intro & Compete
		9:55pm	Awards

BLUE GYM

Session B1	GOLD	8:00am	Stretch
<i>Groups: E, F, G, H</i>		8:20am	Warm Up
Born 4/18/2012 - 3/8/2013		8:30am	Intro & Compete
		11:45am	Awards
Session B2	GOLD	11:45am	Stretch
<i>Groups: M, N, O, P</i>		12:05pm	Warm Up
Born 11/15/2010 - 8/11/2011		12:15pm	Intro & Compete
		3:30pm	Awards
Session B3	GOLD	3:30pm	Stretch
<i>Groups: U, V, W, X</i>		3:50pm	Warm Up
Born 11/18/2009 and Before		4:00pm	Intro & Compete
		7:15pm	Awards

Coaches Info QR Code



For info and results, visit us on the web
www.USACompetitions.com



SATURDAY, MAY 6, 2023

***Sessions (except 8:00am) may begin 15 minutes prior to listed stretch time. Arrive early!!**

RED GYM

Session R5	PLATINUM	8:00am	Stretch
<i>Groups: A, B, C, D</i>		8:20am	Warm Up
Born 8/15/2011 & After		8:35am	Intro & Compete
		11:30am	Awards
Session R6	PLATINUM	11:30am	Stretch
<i>Groups: I, J, K, L</i>		11:50am	Warm Up
Born 11/30/2009 - 8/4/2010		12:05pm	Intro & Compete
		3:00pm	Awards
Session R7	PLATINUM	3:00pm	Stretch
<i>Groups: Q, R, S, T</i>		3:20pm	Warm Up
Born 4/19/2008 - 3/30/2009		3:35pm	Intro & Compete
		6:30pm	Awards
Session R8	PLATINUM STATE TEAM	6:30pm	Stretch
		6:50pm	Warm Up
All Ages		7:05pm	Intro & Compete
		9:45pm	Awards

BLUE GYM

Session B5	PLATINUM	8:00am	Stretch
<i>Groups: E, F, G, H</i>		8:20am	Warm Up
Born 8/5/2010 to 8/14/2011		8:35am	Intro & Compete
		11:30am	Awards
Session B6	PLATINUM	11:30am	Stretch
<i>Groups: M, N, O, P</i>		11:50am	Warm Up
Born 3/31/2009 - 11/29/2009		12:05pm	Intro & Compete
		3:00pm	Awards
Session B7	PLATINUM	3:00pm	Stretch
<i>Groups: U, V, W, X</i>		3:20pm	Warm Up
Born 4/18/2008 & Before		3:35pm	Intro & Compete
		6:30pm	Awards

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SUNDAY, MAY 7, 2023

***Sessions (except 8:00am) may begin 15 minutes prior to listed stretch time. Arrive early!!**

RED GYM

Session R9	SILVER	8:00am	Stretch
<i>Groups: A, B, C, D</i>		8:20am	Warm Up
Born 1/30/2014 & After		8:30am	Intro & Compete
		11:20am	Awards
Session R10	SILVER	11:30am	Stretch
<i>Groups: I, J, K, L</i>		11:50am	Warm Up
Born 3/9/2012 - 3/28/2013		12:00pm	Intro & Compete
		2:50pm	Awards
Session R11	DIAMOND	3:00pm	Stretch
<i>XD Session assignments on roster</i>		3:20pm	Warm Up
		3:35pm	Intro & Compete
		5:50pm	Awards
Session R12	DIAMOND STATE TEAM	6:00pm	Stretch
All Ages		6:20pm	Warm Up
		6:35pm	Intro & Compete
		8:50pm	Awards

BLUE GYM

Session B9	SILVER	8:00am	Stretch
<i>Groups: E, F, G, H</i>		8:20am	Warm Up
Born 3/29/2013 - 1/29/2014		8:30am	Intro & Compete
		11:20am	Awards
Session B10	SILVER	11:30am	Stretch
<i>Groups: M, N, O, P</i>		11:50am	Warm Up
Born 3/28/2012 & Before		12:00pm	Intro & Compete
		2:50pm	Awards
Session B11	DIAMOND/SAPPHIRE	3:00pm	Stretch
<i>XD Session assignments on roster</i>		3:20pm	Warm Up
		3:35pm	Intro & Compete
		5:50pm	Awards
Session B12	SILVER STATE TEAM	6:00pm	Stretch
All Ages		6:20pm	Warm Up
		6:35pm	Intro & Compete
		8:25pm	Awards

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