



General Schedule



IMPORTANT: We are not anticipating any major changes; however, times may change slightly depending on the number of level changes received.

Saturday, March 1

Assigned training is for levels: 8, 9, 10, Open, and all elites

11:00-12:00	Assigned Training - Group A		
	Capital	Dynamite	Fairland
	Silver Stars		

12:00-1:00	Assigned Training - Group B		
	Cavu	Dulles	Dynamic
	KMC	Ocean Tumblers	Pittsburgh NorthStars
	Prime Athletics	Revival Athletics	Silk City

Session 1

1:00-3:30	TR, DMT, TU	Levels 1-7	Ages 10 and Under
-----------	-------------	------------	-------------------

Session 2

3:30 - 6:00	TR, DMT, TU	Levels 1-7	Ages 11-12
-------------	-------------	------------	------------

Sunday, March 2

Session 3

TU - only: Elite only training

7:30-8:30	TR, TU, DMT TU	Levels 1-7	Ages 13+
8:30 - 11:30		Levels 8+	All Ages

Session 4

TR and DMT: Elite only training

11:30-12:30	TR, DMT	Levels 8+	All Ages
12:30 - 3:30			