Thursday, March 3, 2022

Assigned Training Level 8 - Senior 9:00 am - 8:30 pm

Friday, March 4, 2022

SESSION 1

8:00 am - 9:00 am: Session 1 Warm up: ELITES ONLY

8:30 am: Session 1 Judges Meeting

	Time	Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	9:00 - 9:45	8	13-14F		JR	F		10	15-16M					10	13-14M		9	13-14M	
B	9:45 - 10:15	8	13-14F		JR	F		O	17-21F					10	13-14M		8	13-14M	
C	10:15 - 10:45	8	13-14F		YE	13-14F		JR	M					10	11-12F		9	11-12F	
								YE	13-14M										
D	10:45 - 11:15	JR	M		8	11-12F					8	9-10F		10	13-14F		9	11-12F	
											8	8UF							
E	11:15 - 11:45	JR	M		8	11-12F					O	17-21M		10	13-14F		8	15+M	
											O	22+M		10	10UF				
											JR	F							
F	11:45 - 12:15	YE	13-14M		8	11-12F								8	11-12M				
											YE	13-14F							

Friday, March 4, 2022
SESSION 2

12:15 pm - 1:15 pm: Session 2 Warm-up: ELITE ATHLETES ONLY
12:45 pm: Session 2 Judges Meeting

	Time	Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	1:15 - 2:00	SR	M		9	15+F		SR	M					10	15-16F		JR	F	
B	2:00 - 2:30	SR	M		9	15+F		IE	M					10	15-16F		JR	F	
																	YE	13-14F	
C	2:30 - 3:00	SR	M		9	15+F					SR	F		JR	M		10	15-16M	
																	10	11-12M	
																	10	10UM	
D	3:00 - 3:30	8	15+F		SR	W					SR	F		JR	M		10	15-16M	
											IE	F		YE	13-14M				
E	3:30 - 4:00	8	15+F		IE	W					9	15+F		O	F		9	13-14F	
F	4:00 - 4:30	8	15+F		IE	W					9	15+F		O	F		9	13-14F	
G	4:30 - 5:00	IE	M		10	15-16F		9	11-12F					O	F		9	13-14F	
H	5:00 - 5:30	IE	M		10	15-16F		9	13-14M										

SESSION 3

	Time	Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	5:30 - 6:00	Dinner			Dinner			10	15-16F		8	11-12M							
											8	13-14M							
B	6:00 - 6:30	O	17-21F		10	13-14F		9	15+M		8	13-14M			SR & IE Training			SR & IE Training	
								9	11-12M										
															Dinner			Dinner	
C	6:30 - 7:00	O	17-21F		10	13-14F		Dinner			Dinner			SR	M		SR	F	
		O	22+F																
D	7:00 - 7:30	10	11-12F		10	13-14M		9	13-14F	5	8	15+F		SR	M		SR	F	
					9	13-14M		9	9-10F	2									
E	7:30 - 8:00	10	11-12F		10	13-14M		9	13-14F	7	8	15+F		SR	M		IE	F	
		10	10UF																
		10	11-12M																
		10	10UM																
F	8:00 - 8:30	O	17-21M		10	15-16M		10	13-14F	3	8	15+F		IE	M		O	17-21M	
								10	13-14M	5							O	22+M	
								10	11-12F	2									
G	8:30 - 9:00	O	17-21M		10	15-16M					8	15+F		9	9-10F		O	17-21M	
		O	22+M		9	11-12M								8	9-10M				

SATURDAY, MARCH 5, 2022
SESSION 4

7:30 am: Session 4 Judges Meeting

	Time	Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	8:00 - 8:30	9	13-14F		8	9-10F		8	13-14F		8	11-12F		9	15+M		9	15+M	
														9	9-10M		9	11-12M	
B	8:30 - 9:00	9	13-14F		9	15+M		8	13-14F		8	11-12F		8	11-12F		8	15+F	
C	9:00 - 9:30	9	13-14F		8	11-12M		8	13-14F		8	11-12F		8	11-12F		8	15+F	
D	9:30 - 10:00	9	11-12F		8	13-14M		8	13-14F		8	15+M		8	11-12F		8	15+F	
		9	9-10F																
		9	9-10M																
E	10:00 - 10:30	9	11-12F		8	15+M		3	11-12M		7	15+F		8	11-12F		8	13-14F	
								3	7-8M										
								3	15+F										
F	10:30 - 11:00	7	15+F		8	9-10M		6	11-12F		7	11-12F		9	15+F		8	13-14F	
											7	9-1OF							
G	11:00 - 11:20	7	15+F		3	11-12F		6	11-12F		7	11-12F		9	15+F		8	13-14F	
					3	13-14F													
					4	13-14F													
H	11:20 - 11:40	7	11-12F		6	11-12F		6	13-14F		8	15+M		9	15+F		8	13-14F	
I	11:40 - 12:00	7	11-12F		5	11-12F		5	13-14F		7	13-14F		9	15+F		8	9-10F	
		4	11-12M								7	13-14M					8	8UF	
											7	9-10M							
J	12:00 - 12:20	4	11-12F		5	11-12F		8	9-10M		7	13-14F		5	13-14F		6	15+F	
														3	13-14F		8	9-10F	
K	12:20 - 12:40	4	11-12F		6	11-12M		3	13-14F					4	15+F		7	15+F	
		4	13-14F		6	13-14M		4	13-14F								8	9-10F	
					6	9-10M											8	8UM	
					6	15+F													
L	12:40 - 1:00	7	11-12M											4	13-14F		7	13-14F	
		7	13-14M														6	13-14F	
		7	9-10M																
		7	8UM																
		7	15+M																

SESSION 5

1:00 pm: Session 5 Judges Meeting

		Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	1:00 - 1:30	LUNCH			LUNCH			LUNCH			LUNCH			LUNCH			LUNCH		
B	1:30 - 2:00	7	13-14F		5	15+F		4	9-10F		6	9-10F		4	11-12M		4	13-14M	
														5	11-12M		5	13-14M	
														6	11-12M		6	13-14M	
														7	11-12M		7	13-14M	
C	2:00 - 2:20	7	13-14F		3	6UM		5	9-10F		6	9-10F		6	11-12F		7	11-12F	
					3	7-8M		5	15+M		6	9-10M							
					4	13-14M													
					4	9-10M													
D	2:20 - 2;40				5	13-14F		5	9-10F		6	11-12M		4	9-10M		6	9-10M	
					6	13-14F					5	13-14M		5	9-10M		5	15+F	
											6	13-14M							
E	2:40 - 3:00				5	11-12M		5	15+F		3	9-10M		5	9-10F		4	9-10F	
					5	13-14M		6	15+F		4	9-10M							
											5	9-10M							
F	3:00 - 3:20																		
								4	11-12M					5	9-10F		4	9-10F	
								4	13-14M								3	9-10F	
								5	11-12M										

3:30 - 4:00 SYNC TRAINING ELITES ONLY SESSION 6

		Lv	SY A	#	Lv	SY B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	4:00 - 4:30	SR	F		10	14UF													
		SR	M		10	14UM													
		IE	F		YE	13-14F													
					YE	13-14M													
					OP	17-21F													
B	4:30 - 5:00	JR	F		9	13+F													
		JR	M		9	12UF													

SATURDAY, MARCH 5, 2022
SESSION 7

5:00 pm - 6:00 pm: Session 5 Warm-up: Finalist only
5:30 pm: Session 5 Judges Meeting

		Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	6:00 - 6:25	SR	M					JR	M								SR	F	
								YE	13-14M										
B	6:25 - 6:50				SR	F								SR	M				
C	6:50 - 7:15	JR	M					SR	M								JR	F	
D	7:15 - 7:40	IE	M								SR	F					YE	13-14F	
																	IE	F	
E	7:40 - 8:05	YE	13-14M								JR	F		JR	M				
F	8:05 - 8:30				IE	F					YE	11-12F		IE	M				
											YE	13-14F							
G	8:30 - 8:55				JR	F					IE	F		YE	13-14M				
H	8:55- 9:20				YE	13-14F		IE	M										

SUNDAY, MARCH 6, 2022

SESSION 8

7:30 am: Session 6 Judges Meeting

		Lv	TR A	#	Lv	TR B	#	Lv	TU A	#	Lv	TU B	#	Lv	DMT A	#	Lv	DMT B	#
A	8:00 - 8:30	4	9-10F					4	11-12F					1	7-8F				
														2	6UF				
														2	9-10F				
														4	7-8F				
B	8:30 - 8:50	4	9-10F					4	11-12F					3	7-8F				
C	8:50 - 9:10	3	9-10F					3	11-12F					3	7-8F				
		2	9-10F																
		6	8UM																
D	9:10 - 9:30	5	9-10F					3	11-12F					3	6UM				
		5	8UF											3	7-8M				
E	9:30 - 9:50	5	9-10F					2	11-12F					5	8UF				
		5	8UM					2	9-10M					7	8UF				
F	9:50 - 10:10	6	9-10F					1	6UF					4	11-12F				
		7	9-10F					1	7-8F										
		7	8UF					2	7-8F										
								2	9-10F										
								2	7-8M										
G	10:10 - 10:30	5	9-10M					3	7-8F					4	11-12F				
														5	8UM				
H	10:30 - 10:50	3	7-8F					5	11-12F					7	9-10F				
		4	7-8F					6	8UF					6	9-10F				
I	10:50 - 11:10	1	7-8F					5	11-12F					5	11-12F				
		1	6UF					6	8UM										
		2	7-8F					7	8UM										
J	11:10 - 11:30	3	7-8F					2	6UM					5	11-12F				
		4	7-8F					3	9-10F										
K	11:30 - 11:50							5	11-12M										
								4	13-14F										
L	11:50 - 12:10							4	7-8F										