# The American Superstarz - Raleigh - Nationals January 29-30, 2022

**Raleigh Convention Center** 



## 1- EVENT CHECK-IN

(In Room 201) Turn in paperwork. Receive credentials.

#### 2- WARM-UP CHECK-IN

Report 10 minutes before first mat time

## 3- TEAM STRETCHING

No skills allowed (jumps only)

## 4- 18'X54' SKILLS MAT

7 minutes

#### 5- 12'X70' SPRING STRIP

7 minutes

#### 6- FULL FOAM FLOOR

7 minutes

## 7- IN THE HOLE

8- ON DECK

### 9- PERFORMANCE FLOOR

Good luck!

## 10- SCORE SHEET PICK-UP

Don't forget to review your scores

