

- 1- EVENT CHECK-IN *Turn in paperwork. Receive credentials.*
- 2- WARM-UP CHECK-IN *Report 10 minutes before 1st mat*
- 3- TEAM STRETCHING *No skills allowed. (Jumps only)*
- 4- 54' X 18' MAT *8 minutes*
- 5- 70' X 12' TUMBLING STRIP *8 minutes*

- 6- FULL FOAM FLOOR *8 minutes*
- 7- IN THE HOLE *4 minutes*
- 8- ON DECK *4 minutes*
- 9- PERFORMANCE FLOOR *Good luck!!!*
- 10- SCORE SHEET REVIEW *Don't forget to review your scores.*

1
EVENT
CHECK-IN
*Located in
Main Lobby*

