1- EVENT CHECK-IN (located in Ballroom BC)Turn in paperwork and receive credentials

2- WARM-UP CHECK-INReport 5 minutes before 1st mat time

3- STRETCH STATION

4 minutes

4- 12'X42' SKILLS MAT

4 minutes

5- 12'X42' SKILLS MAT

4 minutes

6-12'X42' SKILLS MAT

4 minutes

7-12'X70'TUMBLE STRIP

8 minutes

8- FULL SPRING FLOOR

4 minutes

9- IN THE HOLE

4 minutes

10- ON DECK

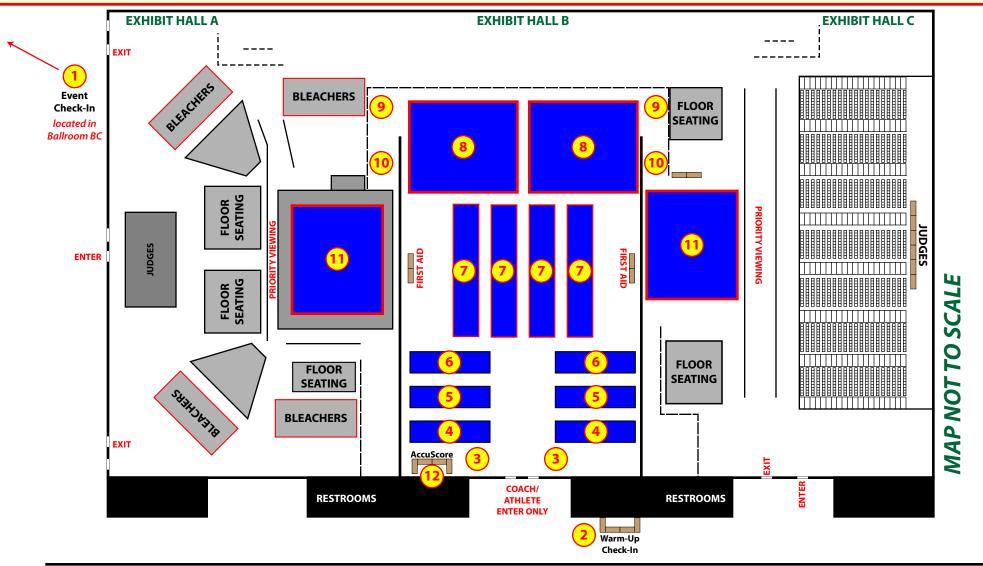
4 minutes

11- PERFORMANCE FLOOR

Good luck!

12- ACCUSCORE

Don't forget to review your scores.



Spirit Sports - Myrtle Beach - Nationals - DI/DII March 22-24, 2024

Myrtle Beach Convention Center