

- 1- Event Checkin *turn in paperwork/receive credentials*
- 2- Warm-Up Check-In *report 10 min before first mat time*
- 3- Team Stretch *no skills (jumps only)*
- 4- 18'x42' Skills Mat *8 minutes*
- 5- 12'x70' Tumble Strip *8 minutes*
- 6- Full Foam Floor *8 minutes*

- 7- In The Hole
- 8- On Deck
- 9- Performance Floor *Good luck!*
- 10- Video Replay *Watch video of performance*
- 11- Score Sheet Review *Don't forget to review scores*

Athletic - Chattanooga - Nationals

January 18-19, 2025

Chattanooga Convention Center

