All activities will take place in the Kierland Grand Ballroom. Awards will follow each session.

**Wednesday, June 16**
5:15pm Opening Ceremonies Rehearsal (All Participants and Coaches, closed to spectators)
6:30pm Opening Ceremonies 1
7:15pm Opening Ceremonies 2

**Thursday, June 17**
8:00am Youth, Junior & Senior-Development Program Acrobatics and Tumbling Training
   *(Stretching Area Opens at 8:00am)*  *Each Team will have 10 minutes on the competition floor*
   8:10 Electric Ave Fusion
   8:20 Electric Ave Chargers
   8:30 Electric Ave Bolt
   8:40 Impact Heatwaves
   8:50 Impact Monsoons
   9:00 Impact Mirage
   9:10 WCC Blaze
   9:20 Showcase Nightshade
   9:30 Zero Gravity Thunder
   9:40 Zero Gravity Storm

10:00am Equipment Familiarization Power TeamGym Level 7, 8, 9 *(Stretching Area Opens at 9:45)*
   *Each squad will have a designated five-minute time on floor, other areas will be shared*
   10:05 Gymtrix Nova
   10:10 Showcase Purple Ignite
   10:15 Biron Velocity
   10:20 Showcase Heliotropes
   10:25 Showcase Swaggy Six

11:00am Gym for Life Challenge Rehearsal *(Stretching Opens at 10:45)*
   *Each club will have a designated seven-minute time on the floor*
   11:00 Birons Artificial Intelligym
   11:07 GymTrix From the Ashes
   11:14 Skyview Typhoon
   11:21 Showcase Tornado Warning
   11:28 Aurora Sock Hop

11:30am Equipment Familiarization Power TeamGym Level 1 and 2 *(Stretching Area Opens at 11:15)*
   *Each squad will have a designated five-minute time on floor, other areas will be shared*
   11:35 Fallbrook Heart Breakers
   11:40 Biron Vision
   11:45 Classic NC Victory
11:50 GymTrix Ion
11:55 GymTrix Fusion
12:00 Impact Sun Rays
12:05 Fallbrook Little Rascals
12:10 Berks East Artic Pandas

12:30pm Equipment Familiarization Power TeamGym Level 3 (Stretching Area Opens at 12:15)
*Each squad will have a designated five-minute time on floor, other areas will be shared
12:30 Aurora Midnights
12:35 Believe Athletics Silver Storm
12:40 Classic NC Synergy
12:45 GymTrix Velocity
12:50 Showcase Purple Diamonds
12:55 Skyview Shadows
1:00 Impact Dust Devils

1:15pm Workshop – Body Tuning with Toby Towson

2:30pm Gym for Life Challenge (Stretching Area Opens at 2:00)
Biron Artificial Intelligym
GymTrix From the Ashes
Skyview Sir Duke
Showcase Tornado Warning
Aurora Sock Hop

3:30pm Workshop – Body Tuning with Toby Towson

4:30pm Equipment Familiarization Power TeamGym Level 4 (Stretching Area Opens at 4:15pm)
*Each squad will have a designated five-minute time on floor, other areas will be shared
4:35 Classic NC Legacy
4:40 GymTrix Catalyst
4:45 Showcase Royal Purple

5:30pm GymFest Rehearsal (Stretching Area Opens at 5:15)
*Each club will have a designated seven-minute time on the floor
5:30 Aurora Sock Hop
5:37 Classic Rebel Spies
5:42 Skyview Sir Duke
5:49 Berks East Our House of Gold
5:56 Showcase Nightshade

6:00pm Equipment Familiarization Power TeamGym Level 5 (Stretching Area Opens at 5:45pm)
*Each squad will have a designated five-minute time on floor, other areas will be shared
6:10 Believe Athletics Blackout
6:15 Biron Vortex
6:20 GymTrix Voltage
6:25 Impact Embers
6:30 Showcase Code Purple
6:35 La Jolla
Friday, June 18th
Youth Development Program Acrobatics and Tumbling Seeding (2 events)
7:45am Open Stretch
8:00am Seeding

Junior Development Program Acrobatics and Tumbling
8:45am Open Stretch
9:00am Competition

Senior Development Program Acrobatics and Tumbling
10:15am Open Stretch
10:45am Competition

12:30pm Power TeamGym Level 1 and 2 Open Stretch/Warm Up
1:20 Power TeamGym Level 1 and 2 Competition

2:15pm Power TeamGym Level 3 Open Stretch/Warm Up
3:05pm Power TeamGym Level 3 Competition

4:30pm Power TeamGym Levels 7, 8, 9 Open Stretch/Warm Up
5:35pm Power TeamGym Levels 7, 8, 9 Competition

7:00pm GymFest Showtime (Stretching Area Opens at 6:30)

Saturday, June 19th
8:00am Power TeamGym Level 4 Open Stretch/Warm Up
8:35am Power TeamGym Level 4 Competition

9:45am Power TeamGym Level 5 Open Stretch/Warm Up
10:45 Power TeamGym Level 5 Competition

12:15pm Youth Development Program Acrobatics and Tumbling Open Stretch
12:30pm Youth Development Program Acrobatics and Tumbling Competition