

Acrobatics and Tumbling Development Program
Level 3

1:15 Open Stretch	
1:35 Warmup (10 min per team)	1:35 Gymnastics Academy of Charleston Wildcats 1:45 Showcase Nightshade 1:55 Zero Gravity Gymnastics Academy Thunder 2:05 Power Athletics Electric Rays 2:15 Victory Gain Squad
2:25 March In	Gymnastics Academy of Charleston Wildcats Showcase Nightshade Zero Gravity Gymnastics Academy Thunder Power Athletics Electric Rays Victory Gain Squad
Event 1: Compulsory ACRO PYRAMID TOSS TUMBLING	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad
Event 2: Acro Event 4 Element 5 Element	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad
Event 3: Pyramid Event Open Pyramid Synchronized Pyramid	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad
Half Time- 5 Minutes Per Team	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad
Event 4: Toss Event Open Synchronized	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad
Event 5: Tumbling Duo Trio Quad Open Open Open	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad
Event 6: Team Event	GAC Wildcats Showcase Nightshade ZGGA Thunder Power Athletics Electric Rays Victory Gain Squad