

Acrobatics and Tumbling Development Program
Level 4

8:30am Open Stretch	
8:50am Warmup (10 min per team)	8:50 Power Athletics Lady Lightning 9:00 ZGGA Storm
9:10am March In	Power Athletics Lady Lightning Zero Gravity Gymnastics Academy Storm
Event 1: Compulsory ACRO PYRAMID TOSS TUMBLING	Power Athletics Lady Lightning ZGGA Storm
Event 2: Acro Event 4 Element 5 Element	Power Athletics Lady Lightning ZGGA Storm
Event 3: Pyramid Event Open Pyramid Synchronized Pyramid	Power Athletics Lady Lightning ZGGA Storm
Half Time (5 min per team)	Power Athletics Lady Lightning ZGGA Storm
Event 4: Toss Event Open Synchronized	Power Athletics Lady Lightning ZGGA Storm
Event 5: Tumbling Duo Trio Quad Open Open Open	Power Athletics Lady Lightning ZGGA Storm
Event 6: Team Event	Power Athletics Lady Lightning ZGGA Storm