

## Power TeamGym Level 1,2, 4

4:00pm Open Stretch  
 4:05pm Coaches Meeting  
 4:15pm Timed Warmups

	TUMBLING	VAULT	MINI TRAMP	FLOOR EXERCISE
4:15	Viking Rock and Rollers (1)	Biron Vision (2)	Showcase Purple Lightning (4)	Fliptastic Sprites (2)
4:19	Broderick Violet Ambition (4)	Viking Rock and Rollers (1)	Biron Vision (2)	Showcase Purple Lightning (4)
4:23	GymTrix Catalyst (4)	Broderick Violet Ambition (4)	Viking Rock and Rollers (1)	Biron Vision (2)
4:27	La Jolla YMCA Envy (4)	GymTrix Catalyst (4)	Broderick Violet Ambition (4)	Viking Rock and Rollers (1)
4:31	Fliptastic Sirens (4)	La Jolla YMCA Envy (4)	GymTrix Catalyst (4)	Broderick Violet Ambition (4)
4:35	Viking Supernovas (2)	Fliptastic Sirens (4)	La Jolla YMCA Envy (4)	GymTrix Catalyst (4)
4:39	Fliptastic Sprites (2)	Viking Supernovas (2)	Fliptastic Sirens (4)	La Jolla YMCA Envy (4)
4:43	Showcase Purple Lightning (4)	Fliptastic Sprites (2)	Viking Supernovas (2)	Fliptastic Sirens (4)
4:47	Biron Vision (2)	Showcase Purple Lightning (4)	Fliptastic Sprites (2)	Viking Supernovas (2)

### Competition in 4:50

#### Jump

Viking Rock and Rollers (1)  
 Broderick Violet Ambition (4)  
 GymTrix Catalyst (4)  
 La Jolla YMCA Envy (4)  
 Fliptastic Sirens (4)  
 Viking Supernovas (2)  
 Fliptastic Sprites (2)  
 Showcase Purple Lightning (4)  
 Biron Vision (2)

#### Floor Event

Biron Vision (2)  
 Viking Rock and Rollers (1)  
 Broderick Violet Ambition (4)  
 GymTrix Catalyst (4)  
 La Jolla YMCA Envy (4)  
 Fliptastic Sirens (4)  
 Viking Supernovas (2)  
 Fliptastic Sprites (2)  
 Showcase Purple Lightning (4)

#### March In

Broderick Violet Ambition (4)  
 Biron Vision (2)  
 Fliptastic Sirens (4)  
 Fliptastic Sprites (2)  
 GymTrix Catalyst (4)  
 La Jolla YMCA Envy (4)  
 Showcase Purple Lightning (4)  
 Viking Rock and Rollers (1)  
 Viking Supernovas (2)