

Power TeamGym Level 3

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

	TUMBLING	VAULT	Mini TRAMP	Floor EXERCISE
4:15	Aurora Midnight Lighths	Fliptastic Dragons	Classic NC Synergy	Fliptastic Pegasus
4:18	Biron Vortex	Aurora Midnight Lighths	Fliptastic Dragons	Classic NC Synergy
4:21	Broderick Liliac Dragons	Biron Vortex	Aurora Midnight Lighths	Fliptastic Dragons
4:24	GymTriX Velocity	Broderick Liliac Dragons	Biron Vortex	Aurora Midnight Lighths
4:27	Showcase Purple Perfection	GymTriX Velocity	Broderick Liliac Dragons	Biron Vortex
4:30	Fliptastic Pegasus	Showcase Purple Perfection	GymTriX Velocity	Broderick Liliac Dragons
4:33	Classic NC Synergy	Fliptastic Pegasus	Showcase Purple Perfection	GymTriX Velocity
4:37	Fliptastic Dragons	Classic NC Synergy	Fliptastic Pegasus	Showcase Purple Perfection

Competition: 4:45

Jump Event

- Aurora Midnight Lighths
- Biron Vortex
- Broderick Liliac Dragons
- GymTriX Velocity
- Showcase Purple Perfection
- Fliptastic Pegasus
- Classic NC Synergy
- Fliptastic Dragons

Floor Event

- Fliptastic Dragons
- Aurora Midnight Lighths
- Biron Vortex
- Broderick Liliac Dragons
- GymTriX Velocity
- Showcase Purple Perfection
- Fliptastic Pegasus
- Classic NC Synergy

March In

- Aurora Midnight Lighths
- Biron Vortex
- Broderick Liliac Dragons
- Classic NC Synergy
- Fliptastic Pegasus
- Fliptastic Dragons
- GymTriX Velocity
- Showcase Purple Perfection