

**2018 USA Gymnastics Championships
ACRO TRAINING SCHEDULE**

**Elite Open Training
Tuesday July 3, 2018**

The Warm-up Floor in the Special Events Center will be open for warm-up for 45 minutes prior to moving to the Competition Floor in the Coliseum Arena for training with music.

Clubs	Warm-up Start	Competition Floor Access	
		Start	End
11-16 and 12-18 1st Class, AGSA, ASCA Gymnastics, Aspire	12:45 PM	1:30 PM	2:15 PM
11-16 and 12-18 ATA, BGC, Paramount, Xtreme Acro	1:30 PM	2:15 PM	3:00 PM
11-16 and 12-18 EAGC, Legacy, MAAT, CCG, Cal Elite Kids	2:15 PM	3:00 PM	3:45 PM
11-16 and 12-18 WCTC, Realis, SMA, Technique, WOGA, LATA	3:00 PM	3:45 PM	4:30 PM
13-19 and Sr. Elite Aerials Ath OHIO, Realis, Xtreme Acro, AGSA	3:45 PM	4:30 PM	5:15 PM
13-19 and Sr. Elite WCTC, EAGC, Capital	4:30 PM	5:15 PM	6:00 PM

**Elite Assigned Training
Wednesday July 4, 2018**

The Warm-up Floor in the Special Events Center will be open for warm-up for 45 minutes prior to moving to the Competition Floor in the Coliseum Arena for training with music.

Clubs	Warm-up Start	Competition Floor Access	
		Start	End
11-16 and 12-18 ATA, BGC, Paramount, Xtreme Acro	8:45 AM	9:30 AM	10:15 AM
11-16 and 12-18 1st Class, AGSA, ASCA Gymnastics, Aspire	9:30 AM	10:15 AM	11:00 AM
13-19 and Sr. Elite Aerials Ath OHIO, Realis, Xtreme Acro, AGSA	10:15 AM	11:00 AM	11:45 AM
13-19 and Sr. Elite WCTC, EAGC, Capital	11:00 AM	11:45 AM	12:30 PM
11-16 and 12-18 EAGC, Legacy, MAAT, CCG, Cal Elite Kids	11:45 AM	12:30 PM	1:15 PM
11-16 and 12-18 WCTC, Realis, SMA, Technique, WOGA, LATA	12:30 PM	1:15 PM	2:00 PM