

**2018 USA Gymnastics Championships
RHYTHMIC TRAINING SCHEDULE**

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

Space will be available next to the Warm-up Carpet for stretching, before moving to Warm-up Carpet in the Special Events Center West and then to the Competition Carpet in the Coliseum Arena following the schedule below. Music will be available in the competition venue only. There will be 6 or 7 athletes in each training group.

Clubs	Stretching Start	Warm-up Start	Competition Floor	
			Start	End
North Shore (6)	12:30 PM	1:15 PM	2:00 PM	2:45 PM
Elegance (1) Liberty (1) M&N (1) Miami (1) Northwest (1) Rhythmic Academy LA (1) Emerald City (1)	1:15 PM	2:00 PM	2:45 PM	3:30 PM
California Rhythms (4) Illiana Rhythmic (1) ISRG (1) Rhy Brains (1)	2:00 PM	2:45 PM	3:30 PM	4:15 PM
Eurogymnastics (3) RG East Bay (1) Tampa Bay Rhythmics (2)	2:45 PM	3:30 PM	4:15 PM	5:00 PM
North Shore (4) Burlo Gymnastics (2)	3:30 PM	4:15 PM	5:00 PM	5:45 PM
Natl Prep Sr Group Rhythmic Dreams Sr Group Emerald City Jr Group Rhythmic Dreams (1 ind)	4:15 PM	5:00 PM	5:45 PM	6:30 PM
Gymnastics World (1) Isadora (3) Rhythmic Art (1) Rhythmic Stars (1) Integrity Rhythmic (1)	5:00 PM	5:45 PM	6:30 PM	7:15 PM
Vitrychenko (5) Rhythmic Ribbon of TX (1) Evergreen Rhythmics (1)	5:45 PM	6:30 PM	7:15 PM	8:00 PM

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**Senior Elite Training
Thursday, July 5 and Friday July 6**

The Rhythmic Warm-up Carpet in the Special Events Center and Competition Carpet in the Coliseum Arena will be available for Senior training only according to the following schedule. Music will not be available.

	Warm-up Carpet	Competition Carpet
9:00 AM – 10:00 AM	Open for all Individual Senior Elite Athletes	Open for all Individual Senior Elite Athletes
10:00 AM – 11:00 AM	Senior Groups ONLY	Open for all Individual Senior Elite Athletes
11:00 AM – 12:00 PM		Senior Groups ONLY

**Senior Group Training
Saturday, July 7**

The Rhythmic Competition Carpet in the Coliseum Arena will be available for Senior Groups training only from 10:00am - 12:00pm. Music will not be available.