

**2019 USA Gymnastics Championships
ACRO TRAINING SCHEDULE**

**Level 8 Open Training by Club
Monday July 1, 2019**

The Stretching Carpet bonded foam will be open for warm-up for 30 minutes prior to each assigned session
Both Warm-Up and Competition floors will be available for open training with no music.

Clubs	Stretching Start	Open Training	
		Start	End
Acro Explosion, Aerials Ath OHIO, AGA, AGSA, Aspire, ATA, BGC, Cal Elite Kids, CATT	3:30 PM	4:00 PM	5:00 PM
EAGC, Empire, First State, Flip Force, Indigo, LATA, MAATT, NOLA, OSA, Paramount	4:30 PM	5:00 PM	6:00 PM
Paramount Acro, Realis, Singularity, SMA, SSYMCA, Superior Acro, Technique, Tumble U, VWAG, WCTC, WSGC, Xtreme Acro	5:30 PM	6:00 PM	7:00 PM

**Level 9 and Level 10 Open Training by Club
Tuesday July 2, 2019**

The Stretching Carpet bonded foam will be open for warm-up for 30 minutes prior to each assigned session
Both Warm-Up and Competition floors will be available for open training with no music.

Clubs	Stretching Start	Open Training	
		Start	End
Acro Explosion, AGA, AGSA, ATA, BGC, CCOAST	8:30 AM	9:00 AM	10:00 AM
Cal Elite Kids, CATT, Empire, IAT, NOLA	9:30 AM	10:00 AM	11:00 AM
OSA, Paramount, Paramount Acro, SMA, Technique, Xtreme Acro	10:30 AM	11:00 AM	12:00 PM

**2019 USA Gymnastics Championships
ACRO TRAINING SCHEDULE**

**Elite Assigned Training
Tuesday July 2, 2019**

The Warm-up Floor will be open for warm-up for 45 minutes prior to moving to the Competition Floor for training with music.

Clubs	Warm-up Start	Competition Floor Access	
		Start	End
13-19 and Sr. Elite 1st Class, AGSA, Asoire EAGC	12:45 PM	1:30 PM	2:15 PM
13-19 and Sr. Elite Realis, SMA, Technique, WCTC, Xtreme Acro	1:30 PM	2:15 PM	3:00 PM
11-16 and 12-18 EAGC, Empire, First State, Flip Force, MAAT	2:15 PM	3:00 PM	3:45 PM
11-16 and 12-18 Paramount, Realis, Rodina Elite, SMA, WCTC, WOGA, Xtreme Acro	3:00 PM	3:45 PM	4:30 PM
11-16 and 12-18 1st Class, Acro Explosion, Aerials Ath OHIO, AGA, Aspire, ATA	3:45 PM	4:30 PM	5:15 PM
11-16 and 12-18 AGSA, BGC, Cal Elite Kids, CCG	4:30 PM	5:15 PM	6:00 PM

**Elite Assigned Training
Wednesday July 3, 2019**

The Warm-up Floor will be open for warm-up for 45 minutes prior to moving to the Competition Floor for training with music.

Clubs	Warm-up Start	Competition Floor Access	
		Start	End
11-16 and 12-18 EAGC, Empire, First State, Flip Force, MAAT	8:45 AM	9:30 AM	10:15 AM
11-16 and 12-18 Paramount, Realis, Rodina Elite, SMA, WCTC, WOGA, Xtreme Acro	9:30 AM	10:15 AM	11:00 AM
11-16 and 12-18 1st Class, Acro Explosion, Aerials Ath OHIO, AGA, Aspire, ATA	10:15 AM	11:00 AM	11:45 AM
11-16 and 12-18 AGSA, BGC, Cal Elite Kids, CCG	11:00 AM	11:45 AM	12:30 PM
13-19 and Sr. Elite 1st Class, AGSA, Asoire EAGC	11:45 AM	12:30 PM	1:15 PM
13-19 and Sr. Elite Realis, SMA, Technique, WCTC, Xtreme Acro	12:30 PM	1:15 PM	2:00 PM