

**2019 USA Gymnastics Championships
RHYTHMIC TRAINING SCHEDULE**

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

Space will be available next to the hallway for stretching, before moving to Warm-up Carpet and then to the Competition Carpet 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) Evergreen (1)	12:30 PM	1:15 PM	2:00 PM	2:45 PM
Eurogymnastics (1) Nimble (1) Rhy Acad LA (2) Rhythmic Ribbon of TX (1) LA Ritmica (1)	1:15 PM	2:00 PM	2:45 PM	3:30 PM
North Shore (2) California Rhythms (4)	2:00 PM	2:45 PM	3:30 PM	4:15 PM
Vitrychenko (3) Isadora (2) Liberty (1)	2:45 PM	3:30 PM	4:15 PM	5:00 PM
Natl Prep SR Group NER SR Group RHD SR Group Euro JR Group Vitry JR Group	3:30 PM	4:15 PM	5:00 PM	5:45 PM
Emerald City (2) VIDA (1) Burlo (2) Gymnastics World (1)	4:15 PM	5:00 PM	5:45 PM	6:30 PM
TCR (1) LA School of Gym (1) Miami (2) Iliana (2) Rhythmic Stars (1)	5:00 PM	5:45 PM	6:30 PM	7:15 PM
Rhythmic Dreams (2) Rhythmic Acad Marin (1) Northwest (1) Empire (1) Rhythmic Art (1) Rhythmic Brains (1)	5:45 PM	6:30 PM	7:15 PM	8:00 PM

**2019 USA Gymnastics Championships
RHYTHMIC TRAINING SCHEDULE**

**Senior Elite Training
Thursday, July 4 and Friday July 5**

Space will be available next to the hallway for stretching, before moving to Warm-up Carpet and then to the Competition Carpet following the schedule below. 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 6**

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