



# 2019 Arctic Blast Schedule

**\* Ages as of State \***



## **\* Friday, December 13th \***

### **Session 1 - USAG Levels 3 and Silver**

Open Gym: 8:00a.m.

Competition: 8:30a.m.

### **Session 2 - USAG Levels 4 and 5**

Open Gym: 12:30p.m.

Competition: 1:00p.m.

### **Session 3 - USAG Levels 6, 7, 8, 10, Gold and Platinum**

Open Gym: 5:15p.m.

Competition: 5:45p.m.

## **\* Saturday, December 14th \***

### **Session 4 - AAU Level 3 Ages: 9, 10, 12 and 13**

Open Gym: 8:00a.m.

Competition: 8:30a.m.

### **Session 5 - AAU Level 3 Ages: 6, 7, 8 and 11**

Open Gym: 11:15a.m.

Competition: 11:40a.m.

### **Session 6 - AAU Levels 1 and 2**

Open Gym: 3:00p.m.

Competition: 3:15p.m.

### **Session 7 - AAU Bronze**

Open Gym: 5:30p.m.

Competition: 5:45p.m.

## **\* Sunday, December 15th \***

### **Session 8 - AAU Silver**

Open Gym: 8:00a.m.

Competition: 8:20a.m.

### **Session 9 - AAU Gold**

Open Gym: 11:15a.m.

Competition: 11:30a.m.

### **Session 10 - AAU Levels 4 and 5, Platinum, Diamond & (Zone Twisters Gold & Silver)**

Open Gym: 4:00p.m.

Competition: 4:35p.m.

**\*If you use an alternate springboard, please bring your own\***

**\* All Sessions will be Modified Traditional \***