

Rocket Cup Invitational

March 4th, 2017

7:30 AM	Doors Open
8:00 AM	Judges / Coaches Meeting
8:25AM	Daily Prayer / National Anthem

Time	Level	Trampoline			
8:30-9:00	2	7-8 - GIRLS	1		
	3	7-8 - GIRLS	2		
	3	9-10 - GIRLS	6		
	4	9-10 - GIRLS	4		
			13		
9:00-9:20	2	6 & Under - GIRLS	2		
	3	11 & Over - GIRLS	3		
			5		
9:20-9:40	3	6 & Under - GIRLS	2		
	3	7-8 - BOYS	1		
	4	8 & Under - GIRLS	4		
	4	11-12 - GIRLS	1		
			8		
9:40-10:00	5	9-10 - GIRLS	9		
				9	
	10:00-10:20	5	13-14 - BOYS	1	
		6	13-14 - BOYS	4	
		7	13-14 - BOYS	1	
					6
		10:20-10:40	5	9-10 - BOYS	3
5			11-12 - GIRLS (1)	2	
5	13-14 - GIRLS		6		
6	15 & Over - GIRLS		1		
			12		
10:40-11:00	5	11-12 - GIRLS (2)	15		
				15	

Level	Tumbling	
2	6 & Under - GIRLS	2
3	11 & Over - GIRLS	2
4	11-12 - GIRLS	6
4	11-12 - BOYS	1
		11
4	8 & Under - GIRLS	12
		12
3	9-10 - GIRLS	4
4	9-10 - GIRLS	9
4	13-14 - BOYS	1
		14
3	7-8 - GIRLS	3
3	7-8 - BOYS	1
4	8 & Under - BOYS	1
5	9-10 - BOYS	2
5	13-14 - BOYS	1
6	13-14 - BOYS	3
7	13-14 - BOYS	1
		12
4	13-14 - GIRLS	4
5	13-14 - GIRLS	2
6	9-10 - BOYS	2
6	11-12 - BOYS	2
7	9-10 - BOYS	1
		11
6	9-10 - GIRLS	11
		11
6	13-14 - GIRLS	13
		13

Level	DMT	
3	9-10 - GIRLS	2
3	11 & Over - GIRLS	1
4	9-10 - GIRLS	2
		5
5	13-14 - GIRLS	5
		5
2	6 & Under - GIRLS	1
4	8 & Under - GIRLS	4
4	11-12 - GIRLS	1
		6
5	8 & Under - BOYS	2
5	11-12 - GIRLS	12
		14
5	8 & Under - GIRLS	6
6	13-14 - BOYS	3
7	13-14 - BOYS	3
		12
5	9-10 - BOYS	3
6	8 & Under - GIRLS	1
6	11-12 - BOYS	1
6	15 & Over - GIRLS	1
7	13-14 - GIRLS	6
		12

11:00-11:30				BREAK											
Time	Level	Trampoline		Level	Tumbling		Level	DMT							
11:30-11:50	6	9-10 - GIRLS	11	5	9-10 - GIRLS	7	6	11-12 - GIRLS	6						
	6	9-10 - BOYS	2	7	15 & Over - GIRLS	1									
	7	9-10 - BOYS	2												
			15						6						
11:50-12:10	5	8 & Under - GIRLS	6	6	11-12 - GIRLS	13	5	9-10 - GIRLS	6						
	6	11-12 - BOYS	2				6	9-10 - BOYS	3						
	8	15 & Over - GIRLS	3				7	9-10 - BOYS	1						
			11						10						
12:10-12:30	6	8 & Under - GIRLS	1	7	9-10 - GIRLS	8	7	15 & Over - GIRLS	3						
	6	11-12 - GIRLS	6				8	10 & Under - GIRLS	1						
	6	13-14 - GIRLS	8												
			15						4						
12:30-12:50	5	8 & Under - BOYS	1	6	15 & Over - GIRLS	2	7	9-10 - GIRLS	7						
	7	13-14 - GIRLS	11	7	8 & Under - GIRLS	1									
				7	11-12 - GIRLS	5									
			12	7	11-12 - BOYS	1			7						
12:50-1:10	7	9-10 - GIRLS	12	5	11-12 - GIRLS	12	6	9-10 - GIRLS	10						
	8	13-14 - GIRLS	2				7	11-12 - BOYS	2						
			14						12						
1:10-1:30	7	11-12 - GIRLS	9	8	13-14 - GIRLS	2	6	13-14 - GIRLS	7						
	7	11-12 - BOYS	2	8	15 & Over - GIRLS	1	9	13-14 - GIRLS	4						
	8	10 & Under - GIRLS	1	9	13-14 - GIRLS	4									
	8	11-12 - BOYS	1	9	15 & Over - GIRLS	5									
			13	9	15 & Over - BOYS	1			11						
1:30-2:00	7	15 & Over - GIRLS	3	7	13-14 - GIRLS	6	7	11-12 - GIRLS	6						
	9	10 & Under - GIRLS	3	8	10 & Under - BOYS	2	8	11-12 - GIRLS	6						
								9	11-12 - GIRLS	3					
			6						15						
2:00-2:30	8	11-12 - GIRLS	8	8	10 & Under - GIRLS	3	8	13-14 - GIRLS	5						
	9	11-12 - GIRLS	2	8	11-12 - BOYS	1	8	15 & Over - GIRLS	2						
				9	10 & Under - GIRLS	2	9	13-14 - BOYS	1						
			10				9	15 & Over - BOYS	3						
2:30-3:00	9	13-14 - GIRLS	3	8	11-12 - GIRLS	4	8	11-12 - BOYS	1						
	9	15 & Over - GIRLS	3	9	11-12 - GIRLS	5	9	10 & Under - GIRLS	3						
	9	15 & Over - BOYS	2	9	13-14 - BOYS	1									
			8						4						
Time	Level	Trampoline Synchro													
3:00-3:20	9	12 & Under - GIRLS	1												
	9	13 & Over - GIRLS	1												
				2											

Warmup Procedures			
Trampoline	Synchro	Tumbling	DMT
L1-7 - 2 Touches		L1-7 - 2 Touches	L1-7 - 2 Touches
L8-9 - 3 Touches	L9 - 3 Touches	L8-9 - 3 Touches	L8-9 - 3 Touches

3:30-4:30	General Warmup - L10-Elite
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Time	Level	Trampoline	
4:30-5:00	10	11-12 - GIRLS	1
	10	13-14 - GIRLS	2
	10	13-14 - BOYS	1
	10	15 & Over - BOYS	1
5:00-5:30	YE	11-12 - GIRLS	2
	YE	13-14 - GIRLS	2
	YE	13-14 - BOYS	1
	OE	WOMEN	1
	SR	MEN	1
Time	Level	Trampoline Synchro	
5:30-6:00	YE	11-12 - GIRLS	1
	YE	13-14 - GIRLS	1

Level	Tumbling	
10	11-12 - GIRLS	1
JR	MEN	1
		2

Level	DMT	
10	11-12 - GIRLS	3
10	13-14 - GIRLS	2
10	15 & Over - GIRLS	4
YE	13-14 - GIRLS	1
YE	13-14 - BOYS	1
		11

Warmup Procedures

Trampoline	Synchro
L10-Elite - 2 Touches	L10-Elite - 3 Touches

Tumbling	DMT
L10-Elite - 2 Touches	L10-Elite - 2 Touches