

Rocket Cup Invitational

April 6th, 2019

8:00AM	Doors Open
8:10AM	Judges / Coaches Meeting
8:15AM	Daily Prayer / National Anthem

Session 1 - Levels 1-8 - 10 & Under										
Time	Level	Trampoline		Level	Tumbling		Level	DMT		
8:30-9:00AM	2	6 & Under - FEMALE	2	3	9-10 - FEMALE	3	2	7-8 - MALE	1	
	4	8 & Under - FEMALE	6	4	9-10 - FEMALE	8	2	6 & Under - MALE	1	
	5	8 & Under - FEMALE	2				3	7-8 - MALE	1	
				10				4	8 & Under - MALE	1
									4	
9:00-9:30AM	1	6 & Under - MALE	1	2	9-10 - FEMALE	2	2	6 & Under - FEMALE	1	
	4	8 & Under - MALE	1	4	9-10 - FEMALE	8	3	6 & Under - FEMALE	1	
				7	9-10 - FEMALE	1	4	8 & Under - FEMALE	7	
							5	8 & Under - FEMALE	2	
			2						11	
9:30-10:00AM	2	9-10 - FEMALE	3	1	6 & Under - MALE	1	4	9-10 - MALE	3	
	3	9-10 - FEMALE	1	2	7-8 - MALE	2				
	6	9-10 - FEMALE	7	2	6 & Under - FEMALE	2				
	7	9-10 - FEMALE	2	2	7-8 - FEMALE	7				
				13						3
10:00-10:30AM	2	7-8 - MALE	1	5	9-10 - FEMALE	4	1	7-8 - FEMALE	1	
	3	9-10 - MALE	1	6	9-10 - FEMALE	7	2	7-8 - FEMALE	1	
	3	7-8 - MALE	1				3	7-8 - FEMALE	8	
	4	9-10 - MALE	2							
				5						10
10:30-11:00PM	5	9-10 - FEMALE	8	3	7-8 - MALE	1	4	9-10 - FEMALE	10	
				3	9-10 - MALE	3				
				6	8 & Under - FEMALE	1				
				8						10
11:00-11:30PM	1	7-8 - FEMALE	1				2	9-10 - FEMALE	1	
	2	7-8 - FEMALE	6				6	9-10 - FEMALE	5	
	3	7-8 - FEMALE	4				7	9-10 - FEMALE	3	
				11						9
11:30AM-12:00PM	4	9-10 - FEMALE	6	1	7-8 - FEMALE	1	3	9-10 - FEMALE	3	
				3	7-8 - FEMALE	6	5	9-10 - FEMALE	5	
				4	8 & Under - FEMALE	4				
				6						8
12:00PM-12:30PM	4	9-10 - FEMALE	6				5	9-10 - FEMALE	6	
			6						6	
12:30PM-1:30PM	Session 1 - Awards									

12:30PM-1:00PM	BREAK
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Session 2 - Levels 1-8 - 11 & Over

Session 2 - Levels 1-8 - 11 & Over													
Time	Level	Trampoline				Level	Tumbling				Level	DMT	
1:00-1:30PM	4	15 & Over - FEMALE	1		6	13-14 - FEMALE	6	4	11-12 - FEMALE	2			
	5	15 & Over - FEMALE	1		7	13-14 - FEMALE	3	5	11-12 - FEMALE	10			
	6	15 & Over - FEMALE	1		8	13-14 - FEMALE	1						
	7	15 & Over - FEMALE	4										
	8	15 & Over - FEMALE	1										
			8				10			12			
1:30-2:00PM	3	11 & Over - FEMALE	5		4	15 & Over - FEMALE	1	6	11-12 - FEMALE	7			
	6	13-14 - MALE	2		6	15 & Over - MALE	1	7	11-12 - FEMALE	1			
	6	11-12 - MALE	1		6	15 & Over - FEMALE	1	8	11-12 - FEMALE	3			
	7	13-14 - MALE	1		8	15 & Over - FEMALE	5						
	8	11-12 - MALE	1										
	8	13-14 - MALE	1										
			11				8			11			
2:00-2:30PM	4	11-12 - FEMALE	5		4	13-14 - FEMALE	2	3	11 & Over - FEMALE	2			
	5	11-12 - FEMALE	5		5	13-14 - FEMALE	5	4	15 & Over - FEMALE	1			
					6	13-14 - MALE	2	5	15 & Over - FEMALE	1			
					7	13-14 - MALE	1	6	15 & Over - FEMALE	2			
					8	11-12 - MALE	1	7	15 & Over - FEMALE	2			
					8	15 & Over - FEMALE	2	8	15 & Over - FEMALE	2			
			10				11			10			
2:30-3:00PM	7	13-14 - FEMALE	3		3	11 & Over - FEMALE	7	5	13-14 - FEMALE	4			
	8	13-14 - FEMALE	4		4	11-12 - FEMALE	5	6	11-12 - MALE	1			
					7	11-12 - FEMALE	1	8	11-12 - MALE	1			
					7	15 & Over - FEMALE	1	8	13-14 - MALE	1			
				7				14			7		
3:00-3:30PM	5	13-14 - FEMALE	3		3	11 & Over - MALE	1	4	13-14 - FEMALE	1			
	6	13-14 - FEMALE	5		5	11-12 - FEMALE	3	5	13-14 - MALE	1			
					6	11-12 - FEMALE	5	6	13-14 - MALE	2			
					8	11-12 - FEMALE	4	7	13-14 - FEMALE	2			
				8				13			6		
3:30-4:00PM	6	11-12 - FEMALE	7		2	11 & Over - FEMALE	3	6	13-14 - FEMALE	7			
	7	11-12 - FEMALE	3		4	13-14 - MALE	1	8	13-14 - FEMALE	5			
	8	11-12 - FEMALE	1		7	11-12 - MALE	1						
				11				5			12		
4:00-4:30PM		Session 2 - Awards											

Warmup Procedures		
Trampoline	Tumbling	DMT
L1-7 - 2 Touches	L1-7 - 2 Touches	L1-7 - 2 Touches
L 8 - 3 Touches	L8 - 4 Touches	L8 - 4 Touches

4:00-5:00PM		Session 3 Warmup - Levels 9-Elite - All Ages				
Time				Level	Tumbling	
5:00-5:15PM				9	13-14 - FEMALE	1
				9	15 & Over - MALE	1
				9	15 & Over - FEMALE	1
				10	13-14 - FEMALE	1
				10	15 & Over - MALE	1
						5
		Level	Trampoline			
5:15-5:45PM		JR	FEMALE	2		
		JR	MALE	2		
		OE	FEMALE	1		
		SR	MALE	2		
				7		
5:45-6:15PM		9	11-12 - MALE	1		
		9	13-14 - FEMALE	2		
		9	11-12 - FEMALE	3		
		10	13-14 - FEMALE	1		
				7		
6:15-6:45PM		9	15 & Over - MALE	2		
		9	15 & Over - FEMALE	2		
		10	15 & Over - FEMALE	3		
		YE	11-12 - FEMALE	1		
		YE	13-14 - FEMALE	3		
				11		
6:45-7:00PM		Session 3 - Awards				

Level	DMT	
9	11-12 - FEMALE	2
9	11-12 - MALE	1
9	13-14 - FEMALE	2
10	11-12 - FEMALE	1
10	13-14 - FEMALE	3
		9
9	15 & Over - MALE	2
9	15 & Over - FEMALE	2
10	15 & Over - FEMALE	4
YE	13-14 - FEMALE	1
JR	FEMALE	1
JR	MALE	2
		12

Warmup Procedures		
Trampoline	Tumbling	DMT
L 9-Elite - 2 Touches	L9-Elite - 3 Touches	L9-Elite - 3 Touches