

Twisters Gymnastics and Trampoline Club

SPRING FLING 2017 April 20 - 23, 2017

Thursday

Thursday Session 1 (23)

Level 6 - 10 - 16+ (23)

Registration	7:30 - 8:00
March In	8:05 - 8:15
Warm Up	8:15 - 8:30
Competition	8:30 - 9:45

Thursday Session 5 (33)

Level 4 - 9 & 10 (33)

Registration	1:40 - 2:10
March In	2:40 - 2:45
Warm Up	2:45 - 3:00
Competition	3:00 - 4:30

Friday

Friday Session 8 (20)

Level 4 - 12 yrs Group A(20)

Clubs A to N

Registration	7:30 - 8:00
March In	8:05 - 8:15
Warm Up	8:15 - 8:30
Competition	8:30 - 9:30

Friday Session 12 (27)

Level 3 - 13 yrs (27)

Registration	1:10 - 1:40
March In	2:10 - 2:15
Warm Up	2:15 - 2:30
Competition	2:30 - 3:30

Thursday Session 2 (24)

Level 5 - 9 - 11 yrs (24)

Registration	9:00 - 9:25
March In	9:55 - 10:00
Warm Up	10:00 - 10:15
Competition	10:15 - 11:15

Thursday Session 6 (18)

Level 4 - 11 yrs (18)

Registration	4:10 - 4:40
March In	5:10 - 5:15
Warm Up	5:15 - 5:30
Competition	5:00 - 6:00
Dinner	6:00 - 6:30

Friday Session 9 (20)

Level 4 - 12 yrs Group B(20)

Clubs P to W

Registration	8:40 - 9:10
March In	9:40 - 9:45
Warm Up	9:45 - 10:00
Competition	10:00 - 11:00

Friday Session 13 (22)

Level 3 - 14+ (22)

Registration	2:40 - 3:10
March In	3:40 - 3:45
Warm Up	3:45 - 4:00
Competition	4:00 - 5:00
Dinner	5:00 - 5:30

Thursday Session 3 (28)

Level 5 -12 & 13 (28)

Registration	10:30 - 11:00
March In	11:25 - 11:30
Warm Up	11:30 -11:45
Competition	11:45 - 1:00
lunch	1:00 - 1:30

Thursday Session 7 (29)

Level 4 - 13 yrs

Registration	5:10 - 5:40
March In	6:10 - 6:15
Warm Up	6:15 - 6:30
Competition	6:30 - 7:45

Friday Session 10 (18)

Level 4 - 14 yrs (18)

Registration	10:10 - 10:40
March In	11:10 - 11:15
Warm Up	11:15 -11:30
Competition	11:30 - 12:30
lunch	12:30 - 1:00

Friday Session 14 (24)

Level 3 -7 & 8 yrs (18),

Level 4- 8 yrs (4), L 6 - 8 yrs (2)

Registration	4:10 - 4:40
March In	5:10 - 5:15
Warm Up	5:15 - 5:30
Competition	5:30 - 6:30

Thursday Session 4 (22)

Level 5 - 14+ (22)

Registration	12:10 - 12:40
March In	1:10 - 1:15
Warm Up	1:15 - 1:30
Competition	1:30 - 2:30

Friday Session 11 (22)

Level 4 - 15+ yrs (22)

Registration	11:40 - 12:10
March In	12:40 - 12:45
Warm Up	12:45 - 1:00
Competition	1:00 - 2:00

Twisters Gymnastics and Trampoline Club

SPRING FLING 2017 April 20 - 23, 2017

Saturday

Saturday Session 15 (25)

Level 2 - 12 -14+ yrs,(25)

Registration	7:30 - 8:00
March In	8:05 - 8:15
Warm Up	8:15 - 8:30
Competition	8:30 - 9:30

Saturday Session 19 (38)

Level 3 - 11 yrs (38)

Registration	1:30 - 2:00
March In	2:30 - 2:35
Warm Up	2:35 - 2:50
Competition	2:50 - 4:20

Dinner 4:20 - 4:50

Saturday Session 16 (33)

Level 3 - 9 yrs (33)

Registration	8:40 - 9:10
March In	9:40 - 9:45
Warm Up	9:45 - 10:00
Competition	10:00 - 11:20

Saturday Session 20 (40)

Level 3 - 12 yrs (40)

Registration	3:30 - 4:00
March In	4:30 - 4:35
Warm Up	4:35 - 4:50
Competition	4:50 - 6:20

Saturday Session 17 (20)

Level 3 - 10 yrs Group A(20)

Clubs A to K, Swing, Spring & Flip

Registration	10:30 - 11:00
March In	11:30 - 11:35
Warm Up	11:35 - 11:50
Competition	11:50 - 12:50

lunch 12:50 - 1:20

Saturday Session 18 (24)

Level 3 - 10 yrs Group B(24)

Clubs M to T (not SSF)

Registration	12:00 - 12:30
March In	1:00 - 1:05
Warm Up	1:05 - 1:20
Competition	1:20 - 2:20

Sunday

Sunday Session 21 (30)

Level 1 - 7 & 8 yrs

Registration	7:30 - 8:00
March In	8:05 - 8:15
Warm Up	8:15 - 8:30
Competition	8:30 - 9:30

Sunday Session 25 (38)

Level 2 - 9 yrs

Registration	1:10 - 1:40
March In	2:10 - 2:15
Warm Up	2:15 - 2:30
Competition	2:30 - 3:50

Sunday Session 22 (23)

Level 1 - 9 & 10 yrs

Registration	8:40 - 9:10
March In	9:40 - 9:45
Warm Up	9:45 - 10:00
Competition	10:00 - 10:45

Sunday Session 26 (40)

Level 2 - 10 (40)

Registration	3:00 - 3:30
March In	4:00 - 4:05
Warm Up	4:05 - 4:20
Competition	4:20 - 5:40

Sunday Session 23 (29)

Level 1 - 11 - 14+ yrs(12),

Level 2 - 11 yrs (17)

Registration	9:55 - 10:25
March In	10:55 - 11:00
Warm Up	11:00 - 11:15
Competition	11:15 -12:15

lunch 12:15 - 12:45

Sunday Session 24 (36)

Level 2 - 7 & 8 yrs(36)

Registration	11:25 - 11:55
March In	12:25 - 12:30
Warm Up	12:30 - 12:45
Competition	12:45 - 2:00