

## Men's 2021 Development Nationals Schedule - Final

### Tuesday May 11<sup>th</sup>:

Set-up Equipment All Day

Training Session – JE Athletes by Reservation Only (*Gym#3 and Gym#2 Warm-up Area*)

- Session 1: 5:00 – 7:00 PM Eastern/Central Time Zones: Capacity 125
- Session 2: 7:00 – 9:00 PM Pacific/Mountain Time Zones: Capacity 125

### Wednesday May 12<sup>th</sup>:

Regional Training Day: Scheduled regions (*Levels 9/10 JN & JE Athletes All Levels Only*)

*Tentative Time Schedule and Assignment: Gym#1 & Gym#2 Only*

- 8:00-9:45 AM – Region 8 (115)
- 9:45-11:30 AM – Region 3 (130)
- 11:30-1:15 PM – Region 5 (130)
- 1:15–3:00 PM – Region 7 (115)
- 3:00-5:00 PM – Regions 2,4,6 (140)
- 5:00-7:00 PM – Regions 1/9 (140)

*Training in Gym #3 by Reservation only: 8:00 AM – 7:00 PM*

*Scheduled Coaches Technical Meeting @ 7:00-7:30PM*

### Thursday May 13<sup>th</sup>:

*Competition Schedule: 8:00AM-9:45PM Gym#1 & Gym#2*

- Session 1 – Level 9 JN Optional
  - 8:00-8:20 AM Stretch and Open Warm Up
  - 8:20-8:40 AM Timed Warm Up
  - 8:45-12:34 AM Competition
  - 12:34-1:34 PM Awards (*13/14 AA & IE*)
- Session 2 – Levels 8/9 JE Optional
  - 1:50-2:10 PM Stretch and Open Warm Up
  - 2:10-2:30 PM Timed Warm Up
  - 2:35-5:03 PM Competition
  - 5:03-5:33 PM Awards (*L9 Club Team*)
- Session 3 – Level 10 JE Optional
  - 5:45-6:05 PM Stretch and Open Warm Up
  - 6:05-6:25 PM Timed Warm Up
  - 6:30-9:26 PM Competition

*Training Schedule: 8:00 AM – 9:00 PM Gym #3 Only*

- 8:00 AM – 6:15 PM: 1 ½ Hour Sessions By Reservation Only (60 Athlete Capacity – Level 10 JN Only)
- 6:30 PM – 9:00 PM: GymACT Only

### Friday May 14<sup>th</sup>:

*Competition Schedule: 8:00 AM-9:30 PM Gym#1 & Gym#2*

- Session 4 – Level 10 JN Optional
  - 8:00-8:20 AM Stretch and Open Warm Up
  - 8:20-8:40 AM Timed Warm Up
  - 8:45-12:26 PM Competition

- Session 5 – Level 10 JN Optional
  - 12:45-1:05 PM Stretch and Open Warm Up
  - 1:05-1:25 PM Timed Warm Up
  - 1:30-5:12 PM Competition
- Session 6 – Level 10 JN & Regional Team Optional
  - 5:30-5:50 Stretch and Open Warm Up
  - 5:50-6:10 PM Timed Warm Up
  - 6:15-9:11 Competition
  - 9:11-9:31 PM Awards (*Regional Team Awards, Service Awards*)

*Training Schedule: 8:00 AM – 9:00 PM Gym #3 Only, 9:00 PM – 10:00 PM Gym #1 Only*

- 8:00 AM – 6:00 PM: 2 Hour Sessions By Reservation Only (60 Athlete Capacity – JE, L8 JN)
- 7:00 PM – 9:00 PM: GymACT Only
- 9:00 PM – 10:00 PM: GymACT Only

Saturday May 15<sup>th</sup>:

*Competition Schedule: 8:00AM-9:30PM Gym#1 & Gym#2*

- Session 7 – Level 8/9 JE Technical Sequence Final
  - 8:00-8:20 AM Stretch and Open Warm Up
  - 8:20-8:40 AM Timed Warm Up
  - 8:45-10:52 AM Competition
  - 10:52-11:52 Awards (*AA & IE*)
- Session 8 – Level 10 JE Technical Sequences Final
  - 12:10-12:30 PM Stretch and Open Warm Up
  - 12:30-12:50 PM Timed Warm Up
  - 12:55 – 3:23 PM Competition
  - 3:23 – 4:33 PM Awards (*AA & IE, + Cumisky, Watanabe & Pumpido Awards, Level Club 10 Team, + Qualifiers*)
- Session 9 – GymACT Championships Optional
  - 4:30 – 5:15 PM *Gym #2 & 3 Warm-up*
  - 5:15-6:00 PM Stretch and TWU Group A: *Gym 1 & Gym 2*
  - 6:30-9:00 PM Competition
  - 9:00-9:30 PM Awards

*Training Schedule for Gym 3 Only:*

- 9:00AM – 11:00AM *Gym ACT Open Training*
- 11:00AM – 4:00PM *Level 8 & 10 JN Only: By Reservation-Capacity 60*

Sunday May 16<sup>th</sup>:

*Competition Schedule: 8:00AM-6:15PM Gym#1 & Gym#2*

- Session 10 – Level 8 JN Optional
  - 8:00-8:20 AM Stretch and Open Warm Up
  - 8:20-8:40 AM Timed Warm Up
  - 8:45-12:10 PM Competition
  - 12:10-1:00 PM Awards (*AA & IE + Club Team*)
- Session 11 – Level 10 JN Optional Final (*Top 30 AA Each Year*)
  - 1:15–1:35 PM Stretch and Open Warm Up
  - 1:35-1:55 PM Timed Warm Up

- 2:00-5:00 PM Competition
- 5:00 – 6:11 PM Awards (AA & IE)

*No Training in Gym #3 – Equipment Load Out*

Note:

- *Gym #1 – Competition Gym*
- *Gym #2 – Capitol Cup Warm-up Gym*
- *Gym #3 – Open Training Gym for Scheduled training*