



Friday May 12 – Sunday May 14, 2023

***Note: The Stretching Floor is available to teams 15-20min before their scheduled Warm-Up Below**

Friday May 12, 2023

Time	Event	Competing Groups	
5:10pm	Rotation 1A Warm-Up Begins	AG2 WG (Bal)	
5:50pm	Rotation 1A 10-Minute-Touch		
6:00pm	Rotation 1A Begins Competing		
5:55pm	Rotation 2A Warm-Up Begins	AG1 WG (Bal) Jr. WG (Bal)	
6:35pm	Rotation 2A 10-Minute-Touch		
6:45pm	Rotation 2A Begins Competing		
6:35pm	Rotation 3A Warm-Up Begins	AG1 WP (Dyn) AG1 MxP (Dyn) Jr. WP (Dyn) Jr. MP (Dyn)	
7:15pm	Rotation 3A 10-Minute-Touch		
7:25pm	Rotation 3A Begins Competing		
7:25pm	Rotation 4A Warm-Up Begins	AG2 WP (Dyn) AG2 MP (Dyn) Sr. MxP (Dyn) Sr. MP (Dyn)	
8:05pm	Rotation 4A 10-Minute-Touch		
8:15pm	Rotation 4A Begins Competing		

Saturday May 13, 2023

Time	Event	Competing Teams	
8:10am	Rotation 5B Warm-Up Begins	Youth WP	
8:50am	Rotation 5B 10-Minute-Touch		
9:00am	Rotation 5B Begins Competing		
8:50am	Rotation 6B Warm-Up Begins	Youth WG	
9:30am	Rotation 6B 10-Minute-Touch		
9:40am	Rotation 6B Begins Competing		
9:30am	Rotation 7B Warm-Up Begins	L5 WG L6 WG	
10:05am	Rotation 7B 10-Minute-Touch		
10:15am	Rotation 7B Begins Competing		
10:05am	Rotation 8B Warm-Up Begins	L5 (8U) WP L5 (8-12) WP L5 MxP L5 MP	
10:45am	Rotation 8B 10-Minute-Touch		
10:55am	Rotation 8B Begins Competing		
10:45am	Rotation 9B Warm-Up Begins	L6 WP L6 MxP	
11:25am	Rotation 9B 10-Minute-Touch		
11:35am	Rotation 9B Begins Competing		
Awards for Youth, L5, and L6 Teams in Upper Foyer			
11:55am	Rotation 10B Warm-Up Begins	L9 WG (Bal) L10 WG (Bal)	
12:35pm	Rotation 10B 10-Minute-Touch		
12:45pm	Rotation 10B Begins Competing		
12:35pm	Rotation 11B Warm-Up Begins	L9 WP (Dyn) L9 MxP (Dyn) L10 WP (Dyn)	
1:15pm	Rotation 11B 10-Minute-Touch		
1:25pm	Rotation 11B Begins Competing		
1:15pm	Rotation 12B Warm-Up Begins	AG2 MP (Bal) AG2 WP (Bal) Sr. MxP (Bal) Sr. MP (Bal)	
1:55pm	Rotation 12B 10-Minute-Touch		
2:05pm	Rotation 12B Begins Competing		
1:55pm	Rotation 13B Warm-Up Begins	AG1 WG (Dyn) Jr. WG (Dyn)	
2:35pm	Rotation 13B 10-Minute-Touch		
2:45pm	Rotation 13B Begins Competing		
2:35pm	Rotation 14B Warm-Up Begins	L7 MxP L7 MP L7 WP (8-13)	
3:15pm	Rotation 14B 10-Minute-Touch		
3:25pm	Rotation 14B Begins Competing		
3:15pm	Rotation 15B Warm-Up Begins	L7 WP (14+) L7 WG (14+)	
3:55pm	Rotation 15B 10-Minute-Touch		
4:05pm	Rotation 15B Begins Competing		
Awards for L7 Team in Upper Foyer			
3:55pm	Rotation 16B Warm-Up Begins	AG1 MxP (Bal) AG1 WP (Bal) Jr. MP (Bal) Jr. WP (Bal)	
4:35pm	Rotation 16B 10-Minute-Touch		
4:45pm	Rotation 16B Begins Competing		
4:40pm	Rotation 17B Warm-Up Begins	AG2 WG (Dyn)	
5:20pm	Rotation 17B 10-Minute-Touch		
5:30pm	Rotation 17B Begins Competing		

Sunday May 14, 2023

Time	Event	Competing Teams	
8:20am	Blocks Warm-Up Begins (All)	Bronze	
9:00am	Blocks Bronze and Blocks Silver	Silver	
9:25am	Blocks Gold	Gold	
Awards for Blocks in Upper Foyer			
9:00am	Rotation 18C Warm-Up Begins	L9 WP (Bal) L10 WP (Bal)	L9 MxP (Bal) L8 WG (Bal)
9:40am	Rotation 18C 10-Minute-Touch		
9:50am	Rotation 18C Begins Competing		
9:40am	Rotation 19C Warm-Up Begins	L9 WG (Dyn) L10 WG (Dyn)	
10:20am	Rotation 19C 10-Minute-Touch		
10:30am	Rotation 19C Begins Competing		
Awards for L8, L9, and L10 in Upper Foyer			
10:20am	Rotation 20C Warm-Up Begins	AG1 WP (Bal) AG1 MxP (Dyn)	
11:00am	Rotation 20C 10-Minute-Touch		
11:10am	Rotation 20C Begins Competing		
11:00am	Rotation 21C Warm-Up Begins	AG2 WG (Comb)	
11:40am	Rotation 21C 10-Minute-Touch		
11:50am	Rotation 21C Begins Competing		
12:05pm	Rotation 22C Warm-Up Begins	AG1 WG (Dyn) Jr. WG (Comb)	
12:45pm	Rotation 22C 10-Minute-Touch		
12:55pm	Rotation 22C Begins Competing		
12:45am	Rotation 23C Warm-Up Begins	AG2 WP (Comb) Jr. WP (Comb) Sr. MxP (Comb)	AG2 MP (Comb) Jr. MP (Comb) Sr. MP (Comb)
1:25pm	Rotation 23C 10-Minute-Touch		
1:35pm	Rotation 23C Begins Competing		
Awards for AG1, AG2, Jr, and Sr Teams in Upper Foyer			