

Men's 2022 Development Nationals Schedule

Tuesday May 10th:

Set-up Equipment All Day

Training Session – JE Athletes Gyms 1 & 2

- Session 1: 5:00 – 7:00 PM Regions 5, 6, 7, 8
- Session 2: 7:00 – 9:00 PM Regions 1, 2, 3, 4, 9

Wednesday May 11th:

Regional Training Day: Scheduled Regions *for Gyms 1 & 2.*

- 8:00-10:30 AM – Regions 3, 4, 9
- 10:45-1:15 PM – Regions 7 & 8
- 1:30-4:00 PM - Regions 5 & 6
- 4:15-6:45 PM – Regions 1 & 2

Gym 3 is open from 8:00am-7:00pm

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

Thursday May 12th

Session 1	JE Level 8 & 9
Open Warm Ups	8:00-8:20am
Timed Warm Ups	8:20-8:40am
March In	8:40-8:45am
Competition	8:45-11:45am
Awards	11:45am-12:25pm

Session 2	JE Level 10
Open Warm Ups	12:40-1:00pm
Timed Warm Ups	1:00-1:20pm
March In	1:20-1:25pm
Competition	1:25-4:41pm
Awards	4:41-5:01pm

Session 3	Level 10 Regional Teams
Open Warm Ups	5:20-5:40pm
Timed Warm Ups	5:40-6:00pm
March In	6:00-6:05pm
Competition	6:05-9:05pm
Awards	9:05-9:35pm

- **6:00-8:00pm – Opening Ceremony**
- *Gym 3 is open from 8:00am-7:00pm*

Friday May 13th

Session 1	JN Level 10 (16, 17, 18, 19)
Open Warm Ups	8:00-8:20am
Timed Warm Ups	8:20-8:40am

March In	8:40-8:45am
Competition	8:45-11:54am
Session 2	JN Level 10 (16, 17, 18, 19)
Open Warm Ups	12:15-12:35pm
Timed Warm Ups	12:35-12:55pm
March In	12:55-1:00pm
Competition	1:00-4:09pm

Session 3	JN Level 10 (16, 17, 18, 19)
Open Warm Ups	4:30-4:50pm
Timed Warm Ups	4:50-5:10pm
March In	5:10-5:15pm
Competition	5:15-8:24pm
Awards	8:24-8:44pm

- *Gym 3 open from 8:00am-7:00pm*
- *7:00-8:45pm GymACT training in Gym 3*
- *8:45-10:00pm GymACT training in Gyms 1 & 2*

Saturday May 14th

Session 1	JE Level 8 & 9 Technical Sequences
Open Warm Ups	8:00-8:20am
Timed Warm Ups	8:20-8:40am
March In	8:40-8:45am
Competition	8:45-11:09am
Awards	11:41am-12:41pm

Session 2	JE Level 10 (16-17 Technical Sequences, 18-19 Optionals)
Open Warm Ups	12:50-1:10pm
Timed Warm Ups	1:10-1:30pm
March In	1:30-1:35pm
Competition	1:35-4:33pm
Awards	4:33-5:43pm

Session 3	USAG Collegiate GymACT Championships
Open Stretch	4:00-4:45pm in Gym 3
Open Warm Ups	4:45-6:00pm in Gym 2
Timed Warm Ups	6:00-6:10pm
March In	6:10-6:25pm
Competition	6:25-9:03pm
Awards	9:03-9:43pm

Training Schedule for Gym 3 Only:

- *8:00-10:00am GymACT Open Training*
- *10:00am-7:00pm Open Training*

Sunday May 15th

Session 1 JN Level 10 Finals (16-17)

Open Warm Ups	8:00-8:20am
Timed Warm Ups	8:20-8:40am
March In	8:40-8:45am
Competition	8:45-11:09am
Awards	11:09am-12:09pm

Session 2 JN Level 10 Finals (18-19)

Open Warm Ups	12:30-12:50pm
Timed Warm Ups	12:50-1:10pm
March In	1:10-1:15pm
Competition	1:15-3:39pm
Awards	3:39-4:39pm

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

Note:

- *Gym #1 – Competition Gym*
- *Gym #2 – Capital Cup Warm-up Gym*
- *Gym #3 – Open Training Gym*