

**2021 Women's Development Program National Championships  
Training Day Schedule  
Friday, May 14, 2021**



1. Open stretch is allowed in the designated competition gym.
2. Each region will be split into eight groups (four JR, four SR) and will be assigned four events in each of the competitive gyms. Each gym contains two sets of apparatus. Athletes will train on the apparatus on which they will compete.
3. Approximately 10-12 athletes per group with 30-minute rotations on each event.
4. Check with your Regional Administrative or DP Chairperson for first and second alternate training options.

Training Time	Region 7 FLIGHT 1	Region 3 FLIGHT 2	Region 6 FLIGHT 1	Region 4 FLIGHT 2	Region 8 FLIGHT 1	Region 1 FLIGHT 2	Region 5 FLIGHT 1	Region 2 FLIGHT 2
8:00-8:20am	OPEN STRETCH	OPEN STRETCH						
8:20-8:50am	V,B,BM,FX	V,B,BM,FX						
8:50-9:20am	V,B,BM,FX	V,B,BM,FX						
9:20-9:50am	V,B,BM,FX	V,B,BM,FX						
9:50-10:20am	V,B,BM,FX	V,B,BM,FX						
10:20-10:50am	CLEAN	CLEAN						
11:00-11:20am			OPEN STRETCH	OPEN STRETCH				
11:20-11:50am			V,B,BM,FX	V,B,BM,FX				
11:50am-12:20pm			V,B,BM,FX	V,B,BM,FX				
12:20-12:50pm			V,B,BM,FX	V,B,BM,FX				
12:50-1:20pm			V,B,BM,FX	V,B,BM,FX				
1:20-1:50pm			CLEAN	CLEAN				
2:00-2:20pm					OPEN STRETCH	OPEN STRETCH		
2:20-2:50pm					V,B,BM,FX	V,B,BM,FX		
2:50-3:20pm					V,B,BM,FX	V,B,BM,FX		
3:20-3:50pm					V,B,BM,FX	V,B,BM,FX		
3:50-4:20pm					V,B,BM,FX	V,B,BM,FX		
4:30-4:50pm					CLEAN	CLEAN		
5:00-5:20pm							OPEN STRETCH	OPEN STRETCH
5:20-5:50pm							V,B,BM,FX	V,B,BM,FX
5:50-6:20pm							V,B,BM,FX	V,B,BM,FX
6:20-6:50pm							V,B,BM,FX	V,B,BM,FX
6:50-7:20pm							V,B,BM,FX	V,B,BM,FX
7:30-8:00pm							CLEAN	CLEAN