

**2024 USA Gymnastics T&T Region 5 Championships
 Mobile, Alabama
 April 18-21, 2024
 Specific Session Schedule**

**Thursday April 18, 2024
 (Assigned Training – Levels 8+ Only)**

4:00 PM - 6:00 PM	6:00 PM - 8:00 PM
<p align="center"> Carolina Elite Culprit Elmwood FlipCity South Hangtime High Flyers Let It Shine LSA Merino Panhandle Starmakers T&T Express Tataru's </p>	<p align="center"> Cabarrus Chattooga Elite World eNeRGy Gymnastics Du Sol Horizon Naples Progressive Nova Premier Reflex Sonshine Stick It Summit Sports Center Suncoast Gymnastics Tennessee Elite Twist UGA Ultimate Air </p>

Session A (Friday April 19, 2024)

8:00 AM - 8:50 AM (Warm-Up For Session A Level 8+ Athletes Only)

9:00 AM - 3:15 PM (Session A Competition)

Trampoline	Tumbling	Double-Mini
Level 6 11-12 F	Level 6 8U F	Level 6 13-14 F
Level 6 11-12 M	Level 6 9-10 F	Level 7 9-10 F
Level 6 13-14 F	Level 7 9-10 F	Level 7 9-10 M
Level 6 13-14 M	Level 7 9-10 M	Level 8 11-12 F
Level 6 15+ F	Level 7 13-14 F	Level 8 11-12 M
Level 7 11-12 F	Level 8 9-10 F	Level 8 13-14 F
Level 7 11-12 M	Level 8 9-10 M	Level 8 13-14 M
Level 7 13-14 F	Level 8 11-12 F	Level 9 11-12 F
Level 7 13-14 M	Level 8 11-12 M	Level 9 11-12 M
Level 7 15+ F	Level 8 13-14 M	Level 9 13-14 F
Level 8 15+M	Level 8 15+ F	Level 9 13-14 M
Level 9 11-12 F	Level 8 15+M	Level 9 15+ F
Level 9 11-12 M		Level 9 15+ M
Level 9 13-14 F		
Level 9 13-14 M		
Level 9 15+ F		
Level 9 15+ M		

Session B (Friday April 19, 2024)

Levels 10+ On All Events

4:00 PM - 4:50 PM (Warm-Up For Session B Athletes Only)
5:00 PM - 9:00 PM (Session B Competition)

Session C (Saturday April 20, 2024)

8:00 AM - 8:50 AM (Warm-Up For Session C Level 8+ Athletes Only)
9:00 AM - 2:15 PM (Session C Competition)

Trampoline	Tumbling	Double-Mini
Level 6 9-10 F	Level 6 11-12 F	Level 6 9-10 F
Level 7 9-10 F	Level 6 11-12 M	Level 6 11-12 F
Level 7 9-10 M	Level 6 13-14 F	Level 6 11-12 M
Level 8 9-10 F	Level 6 13-14 M	Level 6 13-14 M
Level 8 9-10 M	Level 6 15+ F	Level 6 15+ F
Level 8 11-12 F	Level 6 15+ M	Level 7 11-12 F
Level 8 11-12 M	Level 7 11-12 F	Level 7 11-12 M
Level 8 13-14 F	Level 7 11-12 M	Level 7 13-14 F
Level 8 13-14 M	Level 7 13-14 M	Level 7 13-14 M
Level 8 15+ F	Level 7 15+ F	Level 7 15+ F
	Level 7 15+ M	Level 8 9-10 F
	Level 8 13-14 F	Level 8 9-10 M
	Level 9 13-14 F	Level 8 15+ F
	Level 9 13-14 M	Level 8 15+ M
	Level 9 15+ F	
	Level 9 15+ M	

Session D (Saturday April 20, 2024)

All Synchronized and HUGS Athletes

3:00 PM - 3:15 PM: HUGS Trampoline Competition

3:15 PM - 4:15 PM: Synchronized Competition

3:15 PM - 4:15 PM: HUGS Tumbling/DMT Competition

Saturday April 20, 2024
6:00 PM - 8:00 PM (Grand March-In/State All Stars)

Session E (Sunday April 21, 2024)
Levels 1-5 On All Events

8:00 AM - 4:00 PM (Session E Competition)