

|                 |         |
|-----------------|---------|
| Doors           | 8:00 AM |
| National Anthem | 9:15 AM |

| Team           | Division   | Check In    | Hold 1      | Hold 2      | Warm Up     | Stretch     | Tumble      | Full        | On Deck     | Performance |
|----------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Gananda        | Flag 1     | 8:40:00 AM  | 8:45:00 AM  | 8:50:00 AM  | 8:55:00 AM  | 9:00:00 AM  | 9:05:00 AM  | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  |
| Marcus Whitman | Flag 2     | 8:45:00 AM  | 8:50:00 AM  | 8:55:00 AM  | 9:00:00 AM  | 9:05:00 AM  | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  |
| Geneva         | Flag 1     | 8:50:00 AM  | 8:55:00 AM  | 9:00:00 AM  | 9:05:00 AM  | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  |
| Wayne          | Flag 2     | 8:55:00 AM  | 9:00:00 AM  | 9:05:00 AM  | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  |
| East Rochester | Flag 1     | 9:00:00 AM  | 9:05:00 AM  | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  |
| Penn Yan       | Flag 3     | 9:05:00 AM  | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  |
| Penn Yan       | C 1        | 9:10:00 AM  | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  |
| HFL            | Flag 3     | 9:15:00 AM  | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  |
| Gananda        | C 1        | 9:20:00 AM  | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM |
| Pal-Mac        | Flag 4     | 9:25:00 AM  | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM |
| Pal-Mac        | C 2        | 9:30:00 AM  | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM |
| Newark         | Flag 4     | 9:35:00 AM  | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM |
| East Rochester | C 2        | 9:40:00 AM  | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM |
| Marcus Whitman | C 3        | 9:45:00 AM  | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM |
| Geneva         | C 2        | 9:50:00 AM  | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM |
| Wayne          | C 3        | 9:55:00 AM  | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM |
| Newark         | C 4        | 10:00:00 AM | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM |
| Penn Yan       | B 1        | 10:05:00 AM | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM |
| HFL            | C 4        | 10:10:00 AM | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM |
| Gananda        | B 1        | 10:15:00 AM | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM |
| Marcus Whitman | B 2        | 10:20:00 AM | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM |
| Pal-Mac        | B 1        | 10:25:00 AM | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM |
| Wayne          | B 2        | 10:30:00 AM | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM |
| East Rochester | B 1        | 10:35:00 AM | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM |
| Geneva         | B 2        | 10:40:00 AM | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM |
| Newark         | B 3        | 10:45:00 AM | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM |
| Penn Yan       | A 1        | 10:50:00 AM | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM |
| HFL            | B 3        | 10:55:00 AM | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM |
| Gananda        | A 1        | 11:00:00 AM | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM |
| Break          | Exhibition | 11:05:00 AM | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM |
| RIT            |            | 11:10:00 AM | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM |
| Break          |            | 11:15:00 AM | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM |
| Break          |            | 11:20:00 AM | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM |
| Break          |            | 11:25:00 AM | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM |
| Awards         |            | 11:30:00 AM | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM |
| Awards         |            | 11:35:00 AM | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM |
| Awards         |            | 11:40:00 AM | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM |
| Awards         |            | 11:45:00 AM | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM |

|       |             |             |             |             |             |             |             |             |             |
|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Break | 11:50:00 AM | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM |
| Break | 11:55:00 AM | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM |
| Break | 12:00:00 PM | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM |
| Break | 12:05:00 PM | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM |
| Break | 12:10:00 PM | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM |
| Break | 12:15:00 PM | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM |
| Break | 12:20:00 PM | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  |
| Break | 12:25:00 PM | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  | 1:05:00 PM  |
| Break | 12:30:00 PM | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  | 1:05:00 PM  | 1:10:00 PM  |
| Break | 12:35:00 PM | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  | 1:05:00 PM  | 1:10:00 PM  | 1:15:00 PM  |
| Break | 12:40:00 PM | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  | 1:05:00 PM  | 1:10:00 PM  | 1:15:00 PM  | 1:20:00 PM  |
| Break | 12:45:00 PM | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  | 1:05:00 PM  | 1:10:00 PM  | 1:15:00 PM  | 1:20:00 PM  | 1:25:00 PM  |
| Break | 12:50:00 PM | 12:55:00 PM | 1:00:00 PM  | 1:05:00 PM  | 1:10:00 PM  | 1:15:00 PM  | 1:20:00 PM  | 1:25:00 PM  | 1:30:00 PM  |

Team Check In12:15 PM

National Anthem1:35 PM

| Team            | Division | Check In   | Hold 1     | Hold 2     | Warm Up    | Stretch    | Tumble     | Full       | On Deck    | Performance |
|-----------------|----------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| Red Jacket      | Flag 1   | 1:00:00 PM | 1:05:00 PM | 1:10:00 PM | 1:15:00 PM | 1:20:00 PM | 1:25:00 PM | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM  |
| Cazenovia       | Flag 2   | 1:05:00 PM | 1:10:00 PM | 1:15:00 PM | 1:20:00 PM | 1:25:00 PM | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM  |
| Syracuse        | Flag 1   | 1:10:00 PM | 1:15:00 PM | 1:20:00 PM | 1:25:00 PM | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM  |
| Southern Hills  | Flag 2   | 1:15:00 PM | 1:20:00 PM | 1:25:00 PM | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM  |
| Clyde- Savannah | Flag 1   | 1:20:00 PM | 1:25:00 PM | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM  |
| Midlakes        | Flag 2   | 1:25:00 PM | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM  |
| Jordan Elbridge | Flag 3   | 1:30:00 PM | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM  |
| Cazenovia       | C 1      | 1:35:00 PM | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM  |
| Waterloo        | Flag 3   | 1:40:00 PM | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM  |
| Red Jacket      | C 1      | 1:45:00 PM | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM  |
| Lyons           | Flag 3   | 1:50:00 PM | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM  |
| Syracuse        | C 1      | 1:55:00 PM | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM  |
| Jordan Elbridge | C 2      | 2:00:00 PM | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM  |
| Clyde- Savannah | C 3      | 2:05:00 PM | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM  |
| Waterloo        | C 2      | 2:10:00 PM | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM  |
| Southern Hills  | C 3      | 2:15:00 PM | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM  |
| Lyons           | C 2      | 2:20:00 PM | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM  |
| Midlakes        | C 3      | 2:25:00 PM | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM  |
| Lyons           | B 1      | 2:30:00 PM | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM  |
| Cazenovia       | B 2      | 2:35:00 PM | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM  |
| Clyde- Savannah | B 1      | 2:40:00 PM | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM  |
| Red Jacket      | B 2      | 2:45:00 PM | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM  |
| Midlakes        | B 3      | 2:50:00 PM | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM  |
| Waterloo        | B 2      | 2:55:00 PM | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM  |
| Jordan Elbridge | B 3      | 3:00:00 PM | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM  |

|                 |            |            |            |            |            |            |            |            |            |            |
|-----------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Jordan Elbridge | A 1        | 3:05:00 PM | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM |
| Southern Hills  | B 3        | 3:10:00 PM | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM |
| Southern Hills  | A 1        | 3:15:00 PM | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM |
| Break           |            | 3:20:00 PM | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM | 4:00:00 PM |
| RIT             | Exhibition | 3:25:00 PM | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM | 4:00:00 PM | 4:05:00 PM |
| Break           |            | 3:30:00 PM | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM | 4:00:00 PM | 4:05:00 PM | 4:10:00 PM |
| Break           |            | 3:35:00 PM | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM | 4:00:00 PM | 4:05:00 PM | 4:10:00 PM | 4:15:00 PM |
| Break           |            | 3:40:00 PM | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM | 4:00:00 PM | 4:05:00 PM | 4:10:00 PM | 4:15:00 PM | 4:20:00 PM |
| Awards          |            | 3:45:00 PM | 3:50:00 PM | 3:55:00 PM | 4:00:00 PM | 4:05:00 PM | 4:10:00 PM | 4:15:00 PM | 4:20:00 PM | 4:25:00 PM |