

Start Time
8:30 AM

AAU Trampoline and Tumbling

Nationals 2025

TIME	TUMBLING	TIME	SINGLE MINI	TIME	TRAMPOLINE	TIME	DOUBLE MINI
8:30 AM	General Stretch - Athlete Presentation						
9:15 AM	Flight 1 Sub Adv (6) Advanced (3)	9:15 AM	Flight 1 Novice 12-14 (5)	11:00 AM	Flight 1 Sub Beginner (6)	11:40 AM	Flight 1 Sub Beginner (3) Beginner Boys (3) Beginner Girls 5 & Under (2)
9:40 AM	Flight 2 Intermediate (5)	9:30 AM	Flight 2 Novice 9-11, 15 & Up (8)	11:15 AM	Flight 2 Beginner (9)	12:00 PM	Flight 2 Beginner Girls 6 & Up (11)
10:00 AM	Flight 3 Novice (10)	9:45 AM	Flight 3 Sub Advanced (6)	1:00 PM	Flight 3 Novice 11 & Under(6)	1:00 PM	Flight 3 Advanced & Elite (5)
10:20 AM	Flight 4 Sub Novice 12 & Up (7)	10:00 AM	Flight 4 Intermediate 12 & Up (7)	1:20 PM	Flight 4 Novice 12 & Up (8)	1:20 PM	Flight 4 Intermediate 12 & Up (8)
10:40 AM	Flight 5 Sub Novice 11 & Under (9)	10:15 AM	Flight 5 Intermediate 9-11 (5)	1:40 PM	Flight 5 Intermediate 11 & Under (6)	1:40 PM	Flight 6 Novice Girls (9)
11:00 AM	Flight 6 Sub Novice 1 (6)	10:30 AM	Flight 6 Beginner (6)	2:00 PM	Flight 6 Intermediate 12 & Up (5)	2:00 PM	Flight 7 Novice Boys (7)
11:20 AM	Flight 7 Adv. Beginner (9)	10:45 AM	Flight 7 Sub Beginner (6)	2:20 PM	Flight 7 Advanced (5)	2:20 PM	Flight 5 Intermediate 11 & Under (6)
11:40 AM	Flight 8 Beginner (12)						
12:00 AM	Flight 9 Sub Beginner (5)						

Awards will be given in two ceremonies on the main awards stage.
The first set following the completion of the 12:00 flights and the second set will be at the completion of the event.

Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

Schedule

10/25/2016

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY