

## 2024 Super Stars Updated Schedule

Session 1	Future Stars E1 & E2	Time
Sign in (Lobby of TPASC)		7:30-7:55
General warm up on Floor only		8:00-8:15
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	8:15-8:20
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	8:20-8:35
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	8:35-8:40
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	8:40-8:55
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	8:55-9:00
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	9:00-9:15
Session 1 Transition to water 20-minute general warm up (All boards available)		9:15-9:35
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	9:35-9:40
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	9:40-9:55
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	9:55-10:00
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	10:00-10:15
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	10:15-10:20
Water Competition C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	10:20-10:35
Awards to Follow		

### Athletes:

#### Flight 1- Future Stars E1

Mila Grazhdan  
Addison Jasiulewicz  
Simonne Luu  
Vanessa Vatoutine

#### Flight 2- Future Stars E2

Teagan Zammit  
Mikah Strike-Sapp  
Aria Rrushi  
Gabiella Lalic

#### Flight 3

Shubhada Chourey  
Gwen Hamer  
Aivy Pham  
Annalise Johnstone  
Poppy Hawkins

Session 2	Future Stars D1 & C1	Time
Sign in (Lobby of TPASC)		8:30-9:15
General warm up on Floor only		9:20-9:35
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	9:35-9:40
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	9:40-9:55
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	9:55-10:00
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	10:00-10:15
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	10:15-10:20
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	10:20-10:35
Session 1 Transition to water 20-minute general warm up (All boards available)		10:35-10:55
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	10:55-11:00
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	11:00-11:15
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	11:15-11:20
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	11:20-11:35
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	11:35-11:40
Water Competition C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	11:40-11:55
Awards to Follow		

### Athletes:

#### Flight 1-Future Stars D1

Sophia Young  
Eleanor Johanson  
Alexis Sears  
Sofia Turcio  
Hudson Borscheke

#### Flight 2-Future Stars D1

Sawyer Dennis  
Kallikrates (Kall) Chornoboy  
Kaity Sellers  
Katie Block  
Sofia Buckler  
Zev Castellano

#### Flight 3 -Future Stars C1

Nola Seguin  
Angelina Sun  
Kobe Kostyshyn

30 minute Lunch Break for all Non -Masters Events	
11:55-12:25	

Session 3 - Masters	Time
Registration	7:30-7:55
Open Training	8:00-9:15
Closed Practice- 1m	12:00-12:20
Novice & Advanced 1m	12:20-12:50
Closed Practice 3m/Platform	12:50-1:10
Novice & Advanced 3m/Plat	1:10-1:40
Awards to follow	

Session 4	Future Stars D2 & C2	Time
Sign in (Lobby of TPASC)		11:30- 12:20
General warm up on Floor only		12:25-12:40
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	12:40-12:45
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	12:45-1:00
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	1:00-1:05
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	1:05-1:20
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	1:20-1:25
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	1:25-1:40
Session 1 Transition to water 20- minute general warm up (All boards available)		1:40-2:00
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	2:00-2:05
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	2:05-2:20
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	2:20-2:25
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	2:25-2:40
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	2:40-2:45
Water Competition C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	2:45-3:00
Awards to Follow		

**Athletes:**

**Flight 1- Future stars D2**

Zoyanna Baerg  
Jacklyn Borean  
Katherine Wang

**Flight 2 Future Stars D2**

Lia Leandro  
Ana Simokovic  
Skye McLellan  
Riley Hanton

**Flight 3 - Future Stars C2**

Loure Izz  
Vera Korpun  
Jacie Zhang

Session 5	Shooting Stars D1 & D2	Time
Sign in (Lobby of TPASC)		1:00-1:40
General warm up on Floor only		1:45-2:00
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	2:00-2:05
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	2:05-2:20
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	2:20-2:25
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	2:25-2:40
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	2:40-2:45
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	2:45-3:00
Session 1 Transition to water 20-minute general warm up (All boards available)		3:00-3:20
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	3:20-3:25
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	3:25-3:40
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	3:40-3:45
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	3:45-4:00
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	4:00-4:05
Water Competition C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	4:05-4:20
Awards to Follow		

**Athletes:**

**Flight 1- Shooting Stars D1**

Ella Mack  
Emma Adams  
Makayla Wu

**Flight 2 Shooting Stars D2**

Anderson Adams  
Kinsley Costie  
Keetie Jasiulewicz  
Sarah Gao  
Katie Mack

**Flight 3 - Shooting Stars D2**

Margaret Jeon  
Andrianna Maynard  
Lucas Harris

Session 6	Shooting Stars C1 & C2	Time
Sign in (Lobby of TPASC)		2:15-3:00
General warm up on Floor only		3:05-3:20
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Blank Trampoline: Flight 2	3:20-3:25
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Blank Trampoline: Flight 2	3:25-3:40
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Blank	3:40-3:45
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Blank	3:45-4:00
Specific Warm up C	Floor: Blank Dryboard: Flight 2 Trampoline: Flight 1	4:00-4:05
Competition C	Floor: Blank Dryboard: Flight 2 Trampoline: Flight 1	4:05-4:20
Session 1 Transition to water 20-minute general warm up (All boards available)		4:20-4:40
Specific Warm up A	1m: Flight 1 3m: Blank Platform: Flight 2	4:40-4:45
Water Competition A	1m: Flight 1 3m: Blank Platform: Flight 2	4:45-5:00
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Blank	5:00-5:05
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Blank	5:05-5:20
Specific Warm up C	1m: Blank 3m: Flight 2 Platform: Flight 1	5:20-5:25
Water Competition C	1m: Blank 3m: Flight 2 Platform: Flight 1	5:25-5:40
Awards to Follow		

**Athletes:**

**Flight 1- Shooting Stars C1**

Philippa Laing  
Emily Santoro  
Avery Cowan  
Sophia Bergeron  
Charlotte Jopling

**Flight 2 Shooting Stars C2**

Charlee Ramirez  
Rowan Kerr  
Edward Haluschak  
Charlotte Moxley

**Flight 3- No athletes**