

2024 Super Stars Updated Schedule

Session 1	Future Stars E1 & E2	Time
Sign in (Lobby of TPASC)		7:30-7:55
Warm up/Activation in dryland		7:45-8:00
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	8:00-8:10
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	8:10-8:25
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	8:25-8:35
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	8:35-8:50
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	8:50-9:00
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	9:00-9:15
Session 1 Transition to water		9:15-9:20
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	9:20-9:30
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	9:30-9:45
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	9:45-9:55
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	9:55-10:10
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	10:10-10:20
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 Rushi
Gabriella 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)		8:15-9:00
Warm up/Activation ON DECK		8:45-9:15
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	9:20-9:30
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	9:30-9:45
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	9:45-9:55
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	9:55-10:10
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	10:10-10:20
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	10:20-10:35
Session 2 Transition to water		10:35-10:40
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	10:40-10:50
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	10:50-11:05
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	11:05-11:15
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	11:15-11:30
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	11:30-11:40
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 Johannson
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)		11:15- 12:00
Warm up/Activation in dryland		11:50-12:20
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	12:25-12:35
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	12:35-12:50
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	12:50-1:00
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	1:00-1:15
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	1:15-1:25
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	1:25-1:40
Session 4 Transition to water		1:40-1:45
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	1:45-1:55
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	1:55-2:10
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	2:10-2:20
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	2:20-2:35
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	2:35-2:45
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)		12:30-1:15
Warm up/Activation ON DECK		1:15-1:45
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	1:45-1:55
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Flight 3 Trampoline: Flight 2	1:55-2:10
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	2:10-2:20
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Flight 3	2:20-2:35
Specific Warm up C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	2:35-2:45
Competition C	Floor: Flight 3 Dryboard: Flight 2 Trampoline: Flight 1	2:45-3:00
Session 5 Transition		3:00-3:05
Specific Warm up A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	3:05-3:15
Water Competition A	1m: Flight 1 3m: Flight 3 Platform: Flight 2	3:15-3:30
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	3:30-3:40
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Flight 3	3:40-3:55
Specific Warm up C	1m: Flight 3 3m: Flight 2 Platform: Flight 1	3:55-4:05
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
Keelie Jasulewicz
Sarah Gao
Kallie Mack

Flight 3 - Shooting Stars D2

Margaret Jeon
Andrianna Maynard
Lucas Harris

Session 6	Shooting Stars C1 & C2	Time
Sign in (Lobby of TPASC)		1:45-2:30
Warm up/Activation ON DECK		2:30-3:00
Specific Warm up A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Blank Trampoline: Flight 2	3:05-3:15
Competition A Floor/Dryboard/Tramp	Floor: Flight 1 Dryboard: Blank Trampoline: Flight 2	3:15-3:30
Specific Warm up B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Blank	3:30-3:40
Competition B	Floor: Flight 2 Dryboard: Flight 1 Trampoline: Blank	3:40-3:55
Specific Warm up C	Floor: Blank Dryboard: Flight 2 Trampoline: Flight 1	3:55-4:05
Competition C	Floor: Blank Dryboard: Flight 2 Trampoline: Flight 1	4:05-4:20
Session 6 Transition to water		4:20-4:25
Specific Warm up A	1m: Flight 1 3m: Blank Platform: Flight 2	4:25-4:35
Water Competition A	1m: Flight 1 3m: Blank Platform: Flight 2	4:35-4:50
Specific Warm up B	1m: Flight 2 3m: Flight 1 Platform: Blank	4:50-5:00
Water Competition B	1m: Flight 2 3m: Flight 1 Platform: Blank	5:00-5:15
Specific Warm up C	1m: Blank 3m: Flight 2 Platform: Flight 1	5:15-5:25
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