

**2023 USA Gymnastics Championships
Proposed Schedule Grid**

			BOK Center			Hall B	Hall C	Grand Ballroom
			Acro	T&T	Rhythmic	Acro	T&T	Rhythmic
Sunday 6/18	Morning	9:00AM - 12:00PM				Setup	Setup	
	Afternoon	12:00PM - 6:00PM						
	Evening	6:00PM - 12:00AM						
Monday 6/19	Morning	7:30AM - 11:00AM	Setup			Level 8-10 Training	Level 8 (Session Warm Up 7:30 AM - 8:30 AM)	Setup
	Mid Day	11:00AM - 2:30PM						
	Afternoon	2:30PM - 6:30PM						
	Evening	6:30PM - 10:00PM						
Tuesday 6/20	Morning	7:30AM - 11:00AM	Training w Music - 11-16 through Elite Levels	Elite Training - All Elite Levels 8:30 AM - 10:00 PM		Blocks	Level 8 (Session Warm Up 7:30 AM - 8:30 AM)	Level 9 Sr (H&B)
	Mid Day	11:00AM - 2:30PM						
	Afternoon	2:30PM - 6:30PM						
	Evening	6:30PM - 10:00 PM						
Wednesday 6/21	Morning	7:30AM - 11:00AM	Training - 11-16 through Elite Levels	Elite Training - All Elite Levels 8:30 AM - 10:00 PM	Training for All Elite Levels w Music	Blocks	Level 8 (Session Warm Up 7:30 AM - 8:30 AM)	Level 9 Sr (C&R)
	Mid Day	11:00AM - 2:30PM						
	Afternoon	2:30PM - 6:30PM						
	Evening	6:30PM - 10:00PM						
Thursday 6/22	Morning	7:30AM - 12:00PM	Elite Training - All Elite Levels 8:30 AM - 12:00 PM			Level 7	Synchro (Session Warm Up 7:30 AM - 8:30 AM)	Level 10 Sr and Jr. (H&B) Level 9 and 10 Groups (1 Routine) (9-12:30)
	Afternoon	1:30 PM - 4:30PM						
	Evening	6:00PM - 9:00PM						
Friday 6/23	Morning	7:30AM - 12:00PM	Elite Training - All Elite Levels 8:30 AM - 12:00 PM			Level 7	YE/JE/OP Qualification (Session Warm Up 7:30 AM - 8:30 AM)	Level 10 Sr and Jr. (C &R) Level 9 and 10 Groups (1 Routine) (9-12:30)
	Afternoon	1:30 PM - 4:30PM						
	Evening	6:00PM - 9:00PM						
Saturday 6/24	Morning	9:00AM - 12:00PM	Elite Training - All Elite Levels 8:30 AM - 12:00 PM			Load-Out	YE/JE/OP Finals (Session Warm Up 8:00 AM - 9:00 AM)	Level 10 Sr and Jr. (C &R) Level 9 and 10 Groups (1 Routine) (9-12:30)
	Afternoon	1:30PM - 4:30PM						
	Evening	6:00PM - 9:00PM						
Sunday 6/25	Morning	8:00AM - 12:00PM	National Team Meetings			Load-Out		
			Load-Out					