

**2016 USA Gymnastics Championships
RHYTHMIC TRAINING SCHEDULE**

**Elite Open Training
Wednesday June 8, 2016
5:30 pm - 8:30 pm**

The Rhythmic Warm-up and Competition Floors in the Dunkin Donuts Center will be available for open training for Junior and Senior Elite athletes following the schedule below. Music will not be available. There will be 14-15 athletes in each training group. Athletes may not stretch on the warm-up carpet prior to their training time.

Clubs	Start	End
CYC, Gymnastics World, M&N, Liberty, Iliana Rhythmic, Rhythmic Ribbon TX, World Rhythmics, Vitrychenko Miami Gymnastics Northwest Rhythmic, Rhythmic Brains	5:30 PM	6:30 PM
Eurogymnastics, Isadora, California Rhythms, Start MPNYC	6:30 PM	7:30 PM
NSR, Burlo, Philly Rhythmic	7:30 PM	8:30 PM

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**Elite Assigned Training
Thursday June 9, 2016**

The Acro Warm-up Floor will be available for stretching, except for the first group which will use the Rhythmic Warm-up Floor, before moving to Warm-up Carpet and then to the Competition Carpet following the schedule below. Music will be available in the competition venue only.. There will be 6 or 7 athletes in each training group.

Clubs	Stretching Start	Warm-up Start	Competition Floor	
			Start	End
NSR (6)	12:30 PM	1:15 PM	2:00 PM	2:45 PM
California Rhythms (5) Start (1)	1:15 PM	2:00 PM	2:45 PM	3:30 PM
Isadora (6)	2:00 PM	2:45 PM	3:30 PM	4:15 PM
CYC (2) Burlo (1) Gymnastics World (2) M&N (2) Rhythmic Brains (1)	2:45 PM	3:30 PM	4:15 PM	5:00 PM
NSR (6)	3:30 PM	4:15 PM	5:00 PM	5:45 PM
Liberty (1) Iliana Rhythmic (1) Rhythmic Ribbon TX (1) World Rhythmics (1) Vitrychenko (3)	4:15 PM	5:00 PM	5:45 PM	6:30 PM
Philly Rhythmic (2) Eurogymnastics (2) Miami Gymnastics (1) MPNYC (1) Northwest Rhythmic (1)	5:00 PM	5:45 PM	6:30 PM	7:15 PM
Senior Group	5:45 PM	6:30 PM	7:15 PM	8:00 PM

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**Senior Elite Training
Friday, June 10 and Saturday June 11**

The Rhythmic Warm-up and Competition floors in the Dunkin Donuts Center will be available for Senior training only according to the following schedule. Music will be available on the competition floor shared for Rhythmic and Acro.

	Warm-up Carpet	Competition Carpet
9:00 AM – 10:00 AM	Open for all Individual Senior Elite Athletes	Open for all Individual Senior Elite Athletes
10:00 AM – 11:00 AM	Senior Group ONLY	Open for all Individual Senior Elite Athletes
11:00 AM – 12:00 PM		Senior Group ONLY

**Senior Group Training
Sunday, June 12**

The Rhythmic Warm-up and competition floors in the Dunkin Donuts Center will be available for Senior Group Training from 9:00 am – 12:00 pm. Music will be available on the competition floor shared for Rhythmic and Acro