

## AM SESSION

	Class	Team	Check-In	Stretch	Four Strips	Full Mat	Perform
1)	LL	Staples	7:34 AM	8:32 AM	8:36 AM	8:40 AM	9:00 AM
2)	L	Platt	7:38 AM	8:36 AM	8:40 AM	8:44 AM	9:04 AM
3)	LL	Westhill	7:42 AM	8:40 AM	8:44 AM	8:48 AM	9:08 AM
4)	L	Masuk	7:46 AM	8:44 AM	8:48 AM	8:52 AM	9:12 AM
5)	LL	Fairfield Warde	7:50 AM	8:48 AM	8:52 AM	8:56 AM	9:16 AM
6)	L	Windsor	7:54 AM	8:52 AM	8:56 AM	9:00 AM	9:20 AM
7)	LL	Shelton	7:58 AM	8:56 AM	9:00 AM	9:04 AM	9:24 AM
8)	L	Lyman Hall	8:02 AM	9:00 AM	9:04 AM	9:06 AM	9:28 AM
9)	LL	Ridgefield	8:06 AM	9:04 AM	9:06 AM	9:10 AM	9:32 AM
10)	L	Bristol Central	8:10 AM	9:06 AM	9:10 AM	9:14 AM	9:36 AM
11)	LL	Newtown	8:14 AM	9:10 AM	9:14 AM	9:18 AM	9:40 AM
12)	L	New London	8:18 AM	9:14 AM	9:18 AM	9:22 AM	9:44 AM
13)	LL	Amity	8:22 AM	9:18 AM	9:22 AM	9:26 AM	9:48 AM
14)	L	RHAM	8:26 AM	9:23 AM	9:26 AM	9:30 AM	9:52 AM
15)	LL	West Haven	8:30 AM	9:26 AM	9:30 AM	9:34 AM	9:56 AM
16)	L	Newington	8:34 AM	9:30 AM	9:34 AM	9:38 AM	10:00 AM
17)	LL	Danbury	8:38 AM	9:34 AM	9:38 AM	9:42 AM	10:04 AM
18)	L	Stratford	8:42 AM	9:38 AM	9:42 AM	9:46 AM	10:08 AM
19)	LL	Darien	8:46 AM	9:42 AM	9:46 AM	9:50 AM	10:12 AM
20)	L	Wethersfield	8:50 AM	9:46 AM	9:50 AM	9:54 AM	10:16 AM
21)	LL	Brien McMahon	8:54 AM	9:50 AM	9:54 AM	9:58 AM	10:20 AM
22)	L	Foran	8:58 AM	9:54 AM	9:58 AM	10:02 AM	10:24 AM
23)	LL	Cheshire	9:02 AM	9:58 AM	10:02 AM	10:06 AM	10:28 AM
24)	L	Maloney	9:06 AM	10:02 AM	10:06 AM	10:10 AM	10:32 AM
25)	LL	Stamford	9:10 AM	10:06 AM	10:10 AM	10:14 AM	10:36 AM
26)	L	South Windsor	9:14 AM	10:10 AM	10:14 AM	10:18 AM	10:40 AM
27)	LL	Bridgeport Central	9:20 AM	10:22 AM	10:26 AM	10:30 AM	10:50 AM
28)	L	Brookfield	9:24 AM	10:26 AM	10:30 AM	10:34 AM	10:54 AM
29)	LL	Hamden	9:28 AM	10:30 AM	10:34 AM	10:38 AM	10:58 AM
30)	L	East Haven	9:32 AM	10:34 AM	10:38 AM	10:42 AM	11:02 AM
31)	LL	Wilton	9:36 AM	10:38 AM	10:42 AM	10:46 AM	11:06 AM
32)	L	Bassick	9:40 AM	10:42 AM	10:46 AM	10:50 AM	11:10 AM
33)	LL	Trumbull	9:44 AM	10:46 AM	10:50 AM	10:54 AM	11:14 AM
34)	L	Bunnell	9:48 AM	10:50 AM	10:54 AM	10:58 AM	11:18 AM
35)	LL	Southington	9:52 AM	10:54 AM	10:58 AM	11:02 AM	11:22 AM
36)	L	Mercy	9:56 AM	10:58 AM	11:02 AM	11:06 AM	11:26 AM
37)	LL	Middletown	10:00 AM	11:02 AM	11:06 AM	11:10 AM	11:30 AM
38)	L	North Haven	10:04 AM	11:06 AM	11:10 AM	11:14 AM	11:34 AM
39)	U	Shelton Unified	10:08 AM	11:10 AM	11:14 AM	11:18 AM	11:38 AM
40)	L	Sacred Heart Academy	10:12 AM	11:14 AM	11:18 AM	11:22 AM	11:42 AM
41)	U	Cheshire Unified	10:16 AM	11:18 AM	11:22 AM	11:26 AM	11:46 AM
42)	L	Woodstock Academy	10:20 AM	11:22 AM	11:26 AM	11:30 AM	11:50 AM
43)	U	Newtown Unified	10:24 AM	11:26 AM	11:30 AM	11:34 AM	11:54 AM
44)	L	Branford	10:28 AM	11:30 AM	11:34 AM	11:38 AM	11:58 AM
45)	U	North Haven Unified	10:32 AM	11:34 AM	11:38 AM	11:42 AM	12:02 PM
46)	U	Trumbull Unified	10:36 AM	11:38 AM	11:42 AM	11:46 AM	12:06 PM
47)	E	University of New Haven	10:40 AM	11:42 AM	11:46 AM	11:50 AM	12:10 PM
48)	E	SCSU	10:44 AM	11:46 AM	11:50 AM	11:54 AM	12:14 PM
49)	E	Quinnipiac University	10:48 AM	11:50 AM	11:54 AM	11:58 AM	12:18 PM

50).			10:52 AM	11:54 AM	11:58 AM	12:02 PM	12:22 PM
51).			10:56 AM	11:58 AM	12:02 PM	12:06 PM	12:26 PM
52)			11:00 AM	12:02 PM	12:06 PM	12:10 PM	12:30 PM
53)			11:04 AM	12:06 PM	12:10 PM	12:14 PM	12:34 PM

3/1/2019

<b>7:15 AM</b>	Gym opens for participants
<b>8:15 AM</b>	Gym Opens for Spectators
<b>8:30 AM</b>	Practice Begins
<b>8:50 AM</b>	Announcements
<b>9:00 AM</b>	Competition Begins
<b>12:06 PM</b>	End of Competition
<b>12:30 PM</b>	Awards

**PM Session**

	<b>Class</b>	<b>Team</b>	<b>Check-in</b>	<b>Stretch</b>	<b>Four Strips</b>	<b>Full Mat</b>	<b>Perform</b>
1)	S	Griswold	11:50 AM	12:52 PM	12:56 PM	1:00 PM	1:20 PM
2)	M	Nonnewaug	11:54 AM	12:56 PM	1:00 PM	1:04 PM	1:24 PM
3)	S	Montville	11:58 AM	1:00 PM	1:04 PM	1:08 PM	1:28 PM
4)	M	Lauralton Hall	12:02 PM	1:04 PM	1:08 PM	1:12 PM	1:32 PM
5)	S	Kolbe Cathedral	12:06 PM	1:08 PM	1:12 PM	1:16 PM	1:36 PM
6)	M	New Fairfield	12:10 PM	1:12 PM	1:16 PM	1:20 PM	1:40 PM
7)	S	Hale Ray	12:14PM	1:16 PM	1:20 PM	1:24 PM	1:44 PM
8)	M	Northwestern	12:18 PM	1:20 PM	1:24 PM	1:28 PM	1:48 PM
9)	S	Oxford	12:22 PM	1:24 PM	1:28 PM	1:32 PM	1:52 PM
10)	M	Weston	12:26 PM	1:28 PM	1:32 PM	1:36 PM	1:56 PM
11)	S	Immaculate	12:30 PM	1:32 PM	1:36 PM	1:40 PM	2:00 PM
12)	U	Griswold	12:34 PM	1:36 PM	1:40 PM	1:44 PM	2:04 PM
13)	M	Joel Barlow	12:38 PM	1:40 PM	1:44 PM	1:48 PM	2:08 PM
14)	S	Cromwell	12:42 PM	1:44 PM	1:48 PM	1:52 PM	2:12 PM
15)	M	Watertown	12:46 PM	1:48 PM	1:52 PM	1:56 PM	2:16 PM
16)	S	Westbrook	12:50 PM	1:52 PM	1:56 PM	2:00 PM	2:20 PM
17)	M	Waterford	12:54 PM	1:56 PM	2:00 PM	2:04 PM	2:24 PM
18)	S	Seymour	12:58 PM	2:00 PM	2:04 PM	2:08 PM	2:28 PM
19)	M	Rockville	1:02 PM	2:04 PM	2:08 PM	2:12 PM	2:32 PM
20)	S	St. Paul Catholic	1:06 PM	2:08 PM	2:12 PM	2:16 PM	2:36 PM
21)	M	Ledyard	1:10 PM	2:12 PM	2:16 PM	2:20 PM	2:40 PM
22)	S	Northwest Catholic	1:14 PM	2:16 PM	2:20 PM	2:24 PM	2:44 PM
23)	M	St. Joseph	1:18 PM	2:20 PM	2:24 PM	2:28 PM	2:48 PM
24)	S	Derby	1:22 PM	2:24 PM	2:28 PM	2:32 PM	2:52 PM
25)	M	Wolcott	1:26 PM	2:28 PM	2:32 PM	2:36 PM	2:56 PM
26)	S	Coginchaug	1:30 PM	2:32 PM	2:36 PM	2:40 PM	3:00 PM
27)	M	Killingly	1:34 PM	2:36 PM	2:40 PM	2:44 PM	3:04 PM
28)	S	Plainfield	1:38 PM	2:40 PM	2:44 PM	2:48 PM	3:08 PM
29)	M	Bethel	1:42 PM	2:44 PM	2:48 PM	2:52 PM	3:12 PM
30)	S	Ansonia	1:46 PM	2:48 PM	2:52 PM	2:56 PM	3:16 PM
31)	M	JonathanLaw	2:08 PM	3:02 PM	3:06 PM	3:10 PM	3:30 PM
32)	S	Holy Cross	2:12 PM	3:06 PM	3:10 PM	3:14 PM	3:34 PM
33)	M	Sheehan	2:16 PM	3:10 PM	3:14 PM	3:18 PM	3:38 PM
34)	S	East Hampton	2:20 PM	3:14 PM	3:18 PM	3:22 PM	3:42 PM
35)	CE	Hall	2:24 PM	3:18 PM	3:22 PM	3:26 PM	3:46 PM
36)	S	Morgan	2:28 PM	3:22 PM	3:26 PM	3:30 PM	3:50 PM
37)	CE	East Lyme	2:32 PM	3:26 PM	3:31 PM	3:36 PM	3:54 PM
38)	CE	Bacon Academy	2:36 PM	3:31 PM	3:36 PM	3:41 PM	3:59 PM
39)	CE	Enfield	2:40 PM	3:36 PM	3:41 PM	3:46 PM	4:04 PM
40)	CE	Greenwich	2:45 PM	3:41 PM	3:46 PM	3:51 PM	4:09 PM
41)	CE	Woodland	2:50 PM	3:46 PM	3:51 PM	3:56 PM	4:14 PM
42)	CE	Naugatuck	2:55 PM	3:51 PM	3:56 PM	4:01 PM	4:19 PM
43)	CE	Torrington	3:00 PM	3:56 PM	4:01 PM	4:06 PM	4:24 PM
44)	CE	Fitch	3:05 PM	4:01 PM	4:06 PM	4:11 PM	4:29 PM
45)	CE	Manchester	3:10 PM	4:06 PM	4:11 PM	4:16 PM	4:34 PM
46)	CE	Daniel Hand	3:15 PM	4:11 PM	4:16 PM	4:21 PM	4:39 PM
47)	CE	Portland	3:20 PM	4:16 PM	4:21 PM	4:26 PM	4:44 PM

48)	U	Greenwich	3:25 PM	4:21 PM	4:26 PM	4:31 PM	4:49 PM
49)	CE	Plainville	3:30 PM	4:26 PM	4:31 PM	4:36 PM	4:54 PM
50)	CE	Norwich Free Academy	3:35 PM	4:31 PM	4:36 PM	4:41 PM	4:59 PM
51)	CE	Fairfield Ludlowe	3:40 PM	4:36 PM	4:41 PM	4:46 PM	5:04 PM
52)	CE	Wamogo	3:45 PM	4:41 PM	4:46 PM	4:51 PM	5:09 PM
52)	U	Daniel Hand	3:50 PM	4:46 PM	4:51 PM	4:56 PM	5:14 PM
53)	CE	Norwalk	3:55 PM	4:51 PM	4:56 PM	5:01 PM	5:19 PM
54)	U	Plainville	4:00 PM	4:56 PM	5:01 PM	5:06 PM	5:24 PM
55).			4:05 PM	5:01 PM	5:06 PM	5:11 PM	5:29 PM
56)			4:10 PM	5:06 PM	5:11 PM	5:16 PM	5:34 PM
57)			4:15 PM	5:11 PM	5:16 PM	5:21 PM	5:39 PM
58)			4:20 PM	5:16 PM	5:21 PM	5:26 PM	5:44 PM
59)			4:25 PM	5:21 PM	5:26 PM	5:31 PM	5:49 PM
60)			4:30 PM	5:26 PM	5:31 PM	5:36 PM	5:54 PM
61).			4:35 PM	5:31 PM	5:36 PM	5:41 PM	5:59 PM
62)			4:40 PM	5:36 PM	5:41 PM	5:46 PM	6:04 PM

3/2/2019

11:50 AM	Gym Opens for Participants
12:30 PM	Gym Opens for Spectators
12:50 PM	Practice Begins
1:10 PM	Announcements
1:20 PM	Competition Begins
5:30 PM	Competition Ends
5:45 PM	Awards