

### AM SESSION

	Class	Team	Check-In	Stretch	Four Strips	Full Mat	Perform
1)	M	Berlin	9:34 AM	10:32 AM	10:36 AM	10:40 AM	11:00 AM
2)	LL	Trumbull	9:38 AM	10:36 AM	10:40 AM	10:44 AM	11:04 AM
3)	M	St. Joseph	9:42 AM	10:40 AM	10:44 AM	10:48 AM	11:08 AM
4)	LL	Norwalk	9:46 AM	10:44 AM	10:48 AM	10:52 AM	11:12 AM
5)	M	New London	9:50 AM	10:48 AM	10:52 AM	10:56 AM	11:16 AM
6)	LL	Ridgefield	9:54 AM	10:52 AM	10:56 AM	11:00 AM	11:20 AM
7)	M	Ledyard	9:58 AM	10:56 AM	11:00 AM	11:04 AM	11:24 AM
8)	LL	Danbury	10:02 AM	11:00 AM	11:04 AM	11:08 AM	11:28 AM
9)	M	Bacon Academy	10:06 AM	11:04 AM	11:08 AM	11:12 AM	11:32 AM
10)	LL	Southington	10:10 AM	11:08 AM	11:12 AM	11:16 AM	11:36 AM
11)	M	Ellington	10:14 AM	11:12 AM	11:16 AM	11:20 AM	11:40 AM
12)	LL	Amity	10:18 AM	11:16 AM	11:20 AM	11:24 AM	11:44 AM
13)	M	New Fairfield	10:22 AM	11:20 AM	11:24 AM	11:28 AM	11:48 AM
14)	LL	Newington	10:26 AM	11:24 AM	11:28 AM	11:32 AM	11:52 AM
15)	M	Killingly	10:30 AM	11:28 AM	11:32 AM	11:36 AM	11:56 AM
16)	LL	East Hartford	10:34 AM	11:32 AM	11:36 AM	11:40 AM	12:00 PM
17)	M	Tolland	10:38 AM	11:36 AM	11:40 AM	11:44 AM	12:04 PM
18)	LL	Staples	10:42 AM	11:40 AM	11:44 AM	11:48 AM	12:08 PM
19)	M	Branford	10:46 AM	11:44 AM	11:48 AM	11:52 AM	12:12 PM
20)	LL	Stamford	10:50 AM	11:48 AM	11:52 AM	11:56 AM	12:16 PM
21)	M	Mercy	10:54 AM	11:52 AM	11:56 AM	12:00 PM	12:20 PM
22)	LL	Westhill	10:58 AM	11:56 AM	12:00 PM	12:04 PM	12:24 PM
23)	M	Bassick	11:02 AM	12:00 PM	12:04 PM	12:08 PM	12:28 PM
24)	LL	Greenwich	11:06 AM	12:04 PM	12:08 PM	12:12 PM	12:32 PM
25)	M	Waterford	11:10 AM	12:08 PM	12:12 PM	12:16 PM	12:36 PM
26)	LL	Fairfield Warde	11:14 AM	12:12 PM	12:16 PM	12:20 PM	12:40 PM
27)	M	RHAM	11:20 AM	12:22 PM	12:26 PM	12:30 PM	12:50 PM
28)	LL	Cheshire	11:24 AM	12:26 PM	12:30 PM	12:34 PM	12:54 PM
29)	M	Foran	11:28 AM	12:30 PM	12:34 PM	12:38 PM	12:58 PM
30)	LL	Wilton	11:32 AM	12:34 PM	12:38 PM	12:42 PM	1:02 PM
31)	M	Sacred Heart Academy	11:36 AM	12:38 PM	12:42 PM	12:46 PM	1:06 PM
32)	LL	Newtown	11:40 AM	12:42 PM	12:46 PM	12:50 PM	1:10 PM
33)	M	Sheehan	11:44 AM	12:46 PM	12:50 PM	12:54 PM	1:14 PM
34)	LL	West Haven	11:48 AM	12:50 PM	12:54 PM	12:58 PM	1:18 PM
35)	M	Watertown	11:52 AM	12:54 PM	12:58 PM	1:02 PM	1:22 AM
36)	S	Morgan	11:56 AM	12:58 PM	1:02 PM	1:06 PM	1:26 AM
37)	M	Northwestern	12:00 PM	1:02 PM	1:06 PM	1:10 PM	1:30 AM
38)	S	Haddam Killingworth	12:04 PM	1:06 PM	1:10 PM	1:14 PM	1:34 AM
39)	M	Wolcott	12:08 PM	1:10 PM	1:14 PM	1:18 PM	1:38 AM
40)	S	Oxford	12:12 PM	1:14 PM	1:18 PM	1:22 AM	1:42 AM
41)	E	Trumbull Unified	12:16 PM	1:22 PM	1:26 PM	1:30 AM	1:50 AM
42)	S	Gilbert	12:20 PM	1:30 PM	1:34 PM	1:38 AM	1:58 AM
43)	S	Ansonia	12:24 PM	1:38 PM	1:42 PM	1:46 AM	2:06 PM
44)	S	East Hampton	12:28 PM	1:46 PM	1:50 PM	1:54 AM	2:14 PM
45)	E	Ridgefield Unified	12:32 PM	1:50 PM	1:54 PM	1:58 AM	2:18 PM
46)	S	Notre Dame Fairfield	12:36 PM	1:54 PM	1:58 PM	2:02 PM	2:22 PM
47)	S	Griswold	12:40 PM	1:58 PM	2:06 PM	2:10 PM	2:30 PM
48)	S	Immaculate	12:44 PM	2:06 PM	2:14 PM	2:18 PM	2:38 PM
49)	E	Stamford Unified	12:48 PM	2:10 PM	2:18 PM	2:22 PM	2:42 PM
50)	S	Lauralton Hall	12:52 PM	2:14 PM	2:22 PM	2:26 PM	2:46 PM
51)	S	Coginchaug	12:56 PM	2:22 AM	2:30 PM	2:34 PM	2:54 PM
52)	S	Cromwell	1:00 PM	2:30 PM	2:38 PM	2:42 PM	3:02 PM
53)	E	Cheshire Unified	1:04 PM	2:34 PM	2:42 PM	2:46 PM	3:06 PM
54)	S	Plainfield	1:08 PM	2:38 PM	2:46 PM	2:50 PM	3:10 PM
55)	S	Woodland	1:12 PM	2:42 PM	2:54 PM	2:58 PM	3:18 PM
56)	E	Northwestern Unified	1:16 PM	2:50 PM	3:02 PM	3:06 PM	3:26 PM
57)	S	Holy Cross	1:20 PM	2:54 PM	3:06 PM	3:10 PM	3:30 PM
58)	S	Wheeler	1:24 PM	2:58 PM	3:10 PM	3:14 PM	3:34 PM

59).	E	Griswold Unified	1:28PM	3:06 PM	3:18 PM	3:22 PM	3:42 PM
60).	S	St. Pauls	1:32 PM	3:14 PM	3:22 PM	3:26 PM	3:46 PM
61).	E	Seymour Unified	1:36 PM	3:18 PM	3:26 PM	3:30 PM	3:50 PM

3/2/2023

<b>9:15 AM</b>	Gym opens for participants
<b>10:00 AM</b>	Gym Opens for Spectators
<b>10:30 AM</b>	Practice Begins
<b>10:55 AM</b>	Announcements
<b>11:00 AM</b>	Competition Begins
<b>3:50 PM</b>	End of Competition
<b>4:00 PM</b>	Awards

