

AM SESSION

| | Class | Team | Check-In | Stretch | Four Strips | Full Mat | Perform |
|-----|-------|-----------------------|----------|----------|-------------|----------|----------|
| 1) | E | Trumbull Unified | 8:00 AM | 9:00 AM | 9:05 AM | 9:10 AM | 9:30 AM |
| 2) | LL | Enfield | 8:04 AM | 9:04 AM | 9:09 AM | 9:14 AM | 9:34 AM |
| 3) | Coed | Platt | 8:08 AM | 9:08 AM | 9:13 AM | 9:18 AM | 9:38 AM |
| 4) | LL | Crosby | 8:12 AM | 9:12 AM | 9:17 AM | 9:22 AM | 9:42 AM |
| 5) | Coed | Holy Cross | 8:16 AM | 9:16 AM | 9:21 AM | 9:26 AM | 9:46 AM |
| 6) | S | Lewis Mills | 8:20 AM | 9:20 AM | 9:25 AM | 9:30 AM | 9:50 AM |
| 7) | LL | Norwalk | 8:24 AM | 9:24 AM | 9:29 AM | 9:34 AM | 9:54 AM |
| 8) | Coed | New Britain | 8:28 AM | 9:28 AM | 9:33 AM | 9:38 AM | 9:58 AM |
| 9) | S | Putnam | 8:32 AM | 9:32 AM | 9:37 AM | 9:42 AM | 10:02 AM |
| 10) | LL | Westhill | 8:36 AM | 9:36 AM | 9:41 AM | 9:46 AM | 10:06 AM |
| 11) | S | Plainfield | 8:40 AM | 9:40 AM | 9:45 AM | 9:50 AM | 10:10 AM |
| 12) | LL | Greenwich | 8:44 AM | 9:44 AM | 9:49 AM | 9:54 AM | 10:14 AM |
| 13) | S | Oxford | 8:48 AM | 9:48 AM | 9:53 AM | 9:58 AM | 10:18 AM |
| 14) | LL | Bridgeport Central | 8:52 AM | 9:52 AM | 9:57 AM | 10:02 AM | 10:22 AM |
| 15) | S | Notre Dame Prep | 8:56 AM | 9:56 AM | 10:01 AM | 10:06 AM | 10:26 AM |
| 16) | LL | Shelton | 9:00 AM | 10:00 AM | 10:05 AM | 10:10 AM | 10:30 AM |
| 17) | Coed | Killingly | 9:04 AM | 10:04 AM | 10:09 AM | 10:14 AM | 10:34 AM |
| 18) | S | Bacon Academy | 9:08 AM | 10:08 AM | 10:13 AM | 10:18 AM | 10:38 AM |
| 19) | LL | Maloney | 9:12 AM | 10:12 AM | 10:17 AM | 10:22 AM | 10:42 AM |
| 20) | Coed | Stamford | 9:16 AM | 10:16 AM | 10:21 AM | 10:26 AM | 10:46 AM |
| 21) | S | Seymour | 9:20 AM | 10:20 AM | 10:25 AM | 10:30 AM | 10:50 AM |
| 22) | LL | Conard | 9:24 AM | 10:24 AM | 10:29 AM | 10:34 AM | 10:54 AM |
| 23) | Coed | Norwich Free Academy | 9:28 AM | 10:28 AM | 10:33 AM | 10:38 AM | 10:58 AM |
| 24) | S | Wheeler | 9:32 AM | 10:32 AM | 10:37 AM | 10:42 AM | 11:02 AM |
| 25) | LL | Trumbull | 9:36 AM | 10:36 AM | 10:41 AM | 10:46 AM | 11:06 AM |
| 26) | Coed | Jonathan Law | 9:40 AM | 10:40 AM | 10:45 AM | 10:50 AM | 11:10 AM |
| | | | | | | | |
| 27) | S | East Hampton | 9:50 AM | 10:50 AM | 10:55 AM | 11:00 AM | 11:20 AM |
| 28) | LL | Amity | 9:54 AM | 10:54 AM | 10:59 AM | 11:04 AM | 11:24 AM |
| 29) | Coed | Manchester | 9:58 AM | 10:58 AM | 11:03 AM | 11:08 AM | 11:28 AM |
| 30) | S | St. Paul | 10:02 AM | 11:02 AM | 11:07 AM | 11:12 AM | 11:32 AM |
| 31) | LL | Danbury | 10:06 AM | 11:06 AM | 11:11 AM | 11:16 AM | 11:36 AM |
| 32) | Coed | Derby | 10:10 AM | 11:10 AM | 11:15 AM | 11:20 AM | 11:40 AM |
| 33) | S | Wolcott | 10:14 AM | 11:14 AM | 11:19 AM | 11:24 AM | 11:44 AM |
| 34) | LL | East Hartford | 10:18 AM | 11:18 AM | 11:23 AM | 11:28 AM | 11:48 AM |
| 35) | Coed | Wethersfield | 10:22 AM | 11:22 AM | 11:27 AM | 11:32 AM | 11:52 AM |
| 36) | S | Stonington | 10:26 AM | 11:26 AM | 11:31 AM | 11:36 AM | 11:56 AM |
| 37) | LL | South Windsor | 10:30 AM | 11:30 AM | 11:35 AM | 11:40 AM | 12:00 PM |
| 38) | S | Ellis Tech | 10:34 AM | 11:34 AM | 11:39 AM | 11:44 AM | 12:04 PM |
| 39) | LL | Ridgefield | 10:38 AM | 11:38 AM | 11:43 AM | 11:48 AM | 12:08 PM |
| 40) | S | Cromwell | 10:42 AM | 11:42 AM | 11:47 AM | 11:52 AM | 12:12 PM |
| 41) | LL | Southington | 10:46 AM | 11:46 AM | 11:51 AM | 11:56 AM | 12:16 PM |
| 42) | S | Northwestern Regional | 10:50 AM | 11:50 AM | 11:55 AM | 12:00 PM | 12:20 PM |
| 43) | LL | Glastonbury | 10:54 AM | 11:54 AM | 11:59 AM | 12:04 PM | 12:24 PM |
| 44) | S | Immaculate | 10:58 AM | 11:58 AM | 12:03 PM | 12:08 PM | 12:28 PM |
| 45) | LL | West Haven | 11:02 AM | 12:02 PM | 12:07 PM | 12:12 PM | 12:32 PM |
| 46) | S | Lauralton | 11:06 AM | 12:06 PM | 12:11 PM | 12:16 PM | 12:36 PM |
| 47) | LL | Staples | 11:10 AM | 12:10 PM | 12:15 PM | 12:20 PM | 12:40 PM |
| 48) | S | Portland | 11:14 AM | 12:14 PM | 12:19 PM | 12:24 PM | 12:44 PM |
| 49) | LL | Fairfield Ludlowe | 11:18 AM | 12:18 PM | 12:23 PM | 12:28 PM | 12:48 PM |
| 50) | S | Montville | 11:22 AM | 12:22 PM | 12:27 PM | 12:32 PM | 12:52 PM |
| 51) | LL | Newington | 11:26 AM | 12:26 PM | 12:31 PM | 12:36 PM | 12:56 PM |
| 52) | S | Kolbe Cathedral Prep | 11:30 AM | 12:30 PM | 12:35 PM | 12:40 PM | 1:00 PM |
| 53) | LL | Brien McMahon | 11:34 AM | 12:34 PM | 12:39 PM | 12:44 PM | 1:04 PM |
| 54) | S | Griswold | 11:38 AM | 12:38 PM | 12:43 PM | 12:48 PM | 1:08 PM |
| 55) | E | Legendary Athletics | 11:42 AM | 12:42 PM | 12:47 PM | 12:52 PM | 1:12 PM |

| | | |
|---------|----------------------------|--|
| 8:00 AM | Gym opens for participants | |
| 8:30 AM | Gym Opens for Spectators | |
| 9:00 AM | Practice Begins | |
| 9:25 AM | Announcements | |
| 9:30 AM | Competition Begins | |
| 1:15 PM | End of Competition | |
| 1:30 PM | Awards | |