

# Southeast Regional Summit

April 12-13, 2025

Georgia International Convention Center

## 1- EVENT CHECK-IN

*Turn in paperwork and receive credentials*

## 2- WARM-UP CHECK-IN

*Report 10 minutes before first mat time*

## 3- TEAM STRETCHING

*No skills allowed (jumps only)*

## 4- 18'x42' SKILLS MAT

*6 minutes*

## 5- FULL SPRING FLOOR

*6 minutes*

## 6- FULL FOAM FLOOR W/MUSIC

*6 minutes*

## 7- IN THE HOLE

## 8- ON DECK

## 9- PERFORMANCE FLOOR

*Good luck!*

## 10- VIDEO REPLAY

*Watch your routine*

## 11- SCORE SHEET REVIEW

*Don't forget to review your scores*

