

US Finals - Fort Walton Beach

April 12, 2025

Raider Arena (Niceville, FL)

1- EVENT CHECK-IN

Turn in paperwork and receive credentials

2- WARM UP CHECK-IN

Report 5 minutes before first mat station

3- STRETCH STATION

No skills allowed

4- SPRING STRIP

6 minutes

5- FULL FOAM FLOOR

6 minutes

6- IN THE HOLE

7- ON DECK

8- PERFORMANCE FLOOR

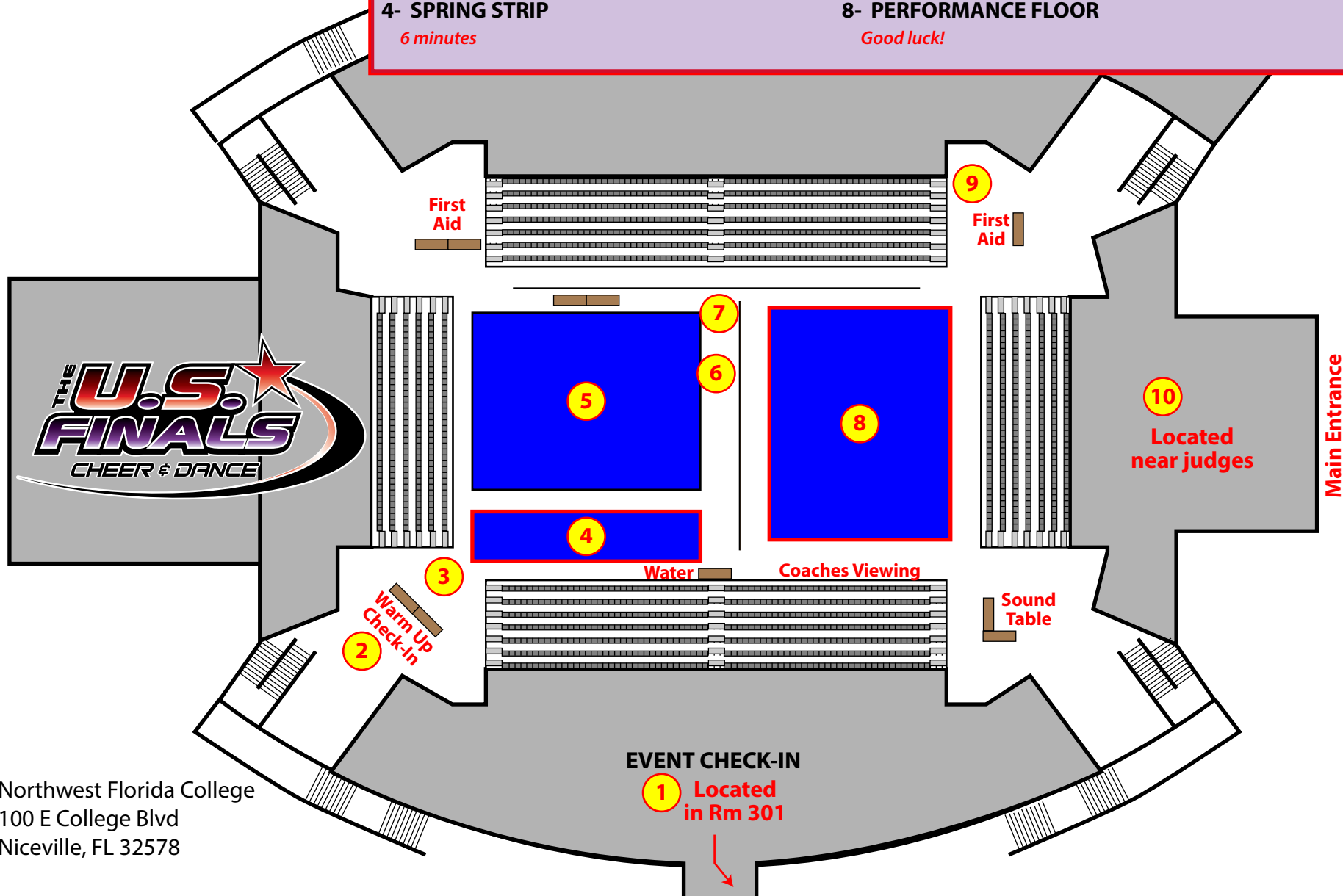
Good luck!

9- VIDEO REPLAY

Watch your routine

10- SCORE SHEETS

Don't forget to review your scores



Northwest Florida College
100 E College Blvd
Niceville, FL 32578