Show code

Here is the consolidated daily schedule with the class, jump heights/activities, and approximate run times based on the "TAGNC Oct 2026 (1).xlsx" file:

Friday

Class	Jump Heights / Activity	Approx Time
ISC J1 #1	24-16	08:00 - 08:17
ISC J1 #1	Break/Switch Ring Crew	08:17 - 08:22
ISC J1 #1	20	08:22 - 08:41
ISC J2	Build: 35 mins Walk/Walk:15 mins	08:41 - 09:16
ISC J2	4-20	09:16 - 09:54
ISC J2	Break/Switch Ring Crew	09:54 - 09:59
ISC J2	24	09:59 - 10:24
ISC J3	Build: 35 mins Walk:7 mins	10:24 - 10:59
ISC J3	16-20	10:59 - 11:16
ISC J3	Break/Switch Ring Crew	11:16 - 11:21
ISC J3	24, 4, 8, 12	11:21 - 11:49
ISC A1 #1	Build: 40 mins Walk:7 mins	11:49 - 12:34
ISC A1 #1	20	12:34 - 12:54
ISC A1 #1	Break/Switch Ring Crew	12:54 - 12:59

Class	Jump Heights / Activity	Approx Time
ISC A1 #1	24", 4" -16"	12:59 - 01:18
ISC A2	Build: 35 mins Walk/Walk:15 mins	01:18 - 01:53
ISC A2	24	01:53 - 02:17
ISC A2	Break/Switch Ring Crew	02:17 - 02:22
ISC A2	4" - 20	02:22 - 02:59
ISC A3	Build: 35 mins Walk:7 mins	02:59 - 03:34
ISC A3	4-20	03:34 - 03:53
ISC A3	Break/Switch Ring Crew	03:53 - 03:58
ISC A3	24	03:58 - 04:20

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Saturday

Class	Jump Heights / Activity	Approx Time
ISC A3 #1	20-24	08:00 - 08:36
ISC A3 #1	Break/Switch Ring Crew	08:36 - 08:41
ISC A3 #1	4-16	08:41 - 08:56
ISC A3 #2	Build: 20 mins Walk/Walk:15 mins	08:56 - 09:31
ISC A3 #2	24	09:31 - 09:59
ISC A3 #2	Break/Switch Ring Crew	09:59 - 10:04

Class	Jump Heights / Activity	Approx Time
ISC A3 #2	4" - 20"	10:04 - 10:30
ISC A2	Build: 20 mins Walk/Walk:15 mins	10:30 - 11:05
ISC A2	4-20	11:05 - 11:47
ISC A2	Break/Switch Ring Crew	11:47 - 11:52
ISC A2	24	11:52 - 12:19
ISC J2	Build 30 mins Walk/Walk:15 mins	12:19 - 01:04
ISC J2	16-20	01:04 - 01:46
ISC J2	Break/Switch Ring Crew	01:46 - 01:51
ISC J2	24", 4" - 8"	01:51 - 02:21
ISC J3	Build: 20 mins Walk/Walk:15 mins	02:21 - 02:56
ISC J3	12-20	02:56 - 03:26
ISC J3	Break/Switch Ring Crew	03:26 - 03:31
ISC J3	24, 4-8	03:31 - 03:57
ISC J1	Build: 20 mins Walk/Walk:15 mins	03:57 - 04:32
ISC J1	20	04:32 - 04:51
ISC J1	Break/Switch Ring Crew	04:51 - 04:56
ISC J1	24, 4-16	04:56 - 05:13

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Sunday

Class	Jump Heights / Activity	Approx Time
ISC J3	4"-20"	08:00 - 08:31
ISC J3	Break/Switch Ring Crew	08:31 - 08:36
ISC J3	24	08:36 - 08:58
ISC J2	Build: 20 mins Walk/Walk:15 mins	08:58 - 09:33
ISC J2	12"-20"	09:33 - 10:10
ISC J2	Break/Switch Ring Crew	10:10 - 10:15
ISC J2	24, 4, 8	10:15 - 10:39
ISC J2 #2	Build: 20 mins Walk/Walk:15 mins	10:39 - 11:14
ISC J2 #2	16" - 20"	11:14 - 11:44
ISC J2 #2	Break/Switch Ring Crew	11:44 - 11:49
ISC J2 #2	24", 4" - 12"	11:49 - 12:14
ISC A2	Build 30 mins Walk/Walk:15 mins	12:14 - 12:59
ISC A2	20-24	12:59 - 01:38
ISC A2	Break/Switch Ring Crew	01:38 - 01:43
ISC A2	4"-16"	01:43 - 02:03
ISC A3	Build: 20 mins Walk/Walk:15 mins	02:03 - 02:38
ISC A3	24, 4-12	02:38 - 03:07

Class	Jump Heights / Activity	Approx Time
ISC A3	Break/Switch Ring Crew	03:07 - 03:12
ISC A3	16, 20	03:12 - 03:34
ISC A1	Build: 20 mins Walk/Walk:15 mins	03:34 - 04:09
ISC A1	4"-16"	04:09 - 04:17
ISC A1	Break/Switch Ring Crew	04:17 - 04:22
ISC A1	20" - 24"	04:22 - 04:37

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