Friday – May 10, 2024

| Ring | Estimated Report Time | Division |
|--------|------------------------------|-------------------------------|
| Ring 5 | 7:30 AM | Demo Team |
| | 8:30 AM | Female Blue: Under 50 |
| | | Pairs: Over 30 |
| | 8:45 AM | Male Black: Under 65 |
| | 9:00 AM | Female Black: Over 65 |
| | 9:15 AM | Female Yellow: Under 65 |
| | 9:30 AM | Male Black: Under 60 |
| | 10:15 AM | Female Black: Under 65 |
| | | Female Black: Under 60 |
| | 10:30 AM | Female Black: Under 50 |
| | | Lunch Break |
| | 12:00 PM | Male Black: Under 50 |
| | 12:15 PM | Male Green: Under 50 |
| | | Female Red: Under 50 |
| | 12:30 PM | Female Yellow: Under 50 |
| | | Male Red: Under 40 |
| | 12:45 PM | Male Blue: Under 30 |
| | 1:00 PM | Female Blue: Under 30 |
| | 1:15 PM | Pairs: Under 30 |
| | 1:30 PM | Pairs: Over 50 |
| | 1:45 PM | Male Junior Breaking: Black |
| | 2:00 PM | Female Junior Breaking: Black |