

RELEASE CHART	Skill Family Color Code			Hndstnd/Cast/Circles	Hechts	Flight bar to bar	Saltos	Vaults	Lee Bjella/Ann Heppner 2013				
Root	B's			C's			D's			E's			
CAST	B 2.202 	B 2.202 	B 2.204 ok for SR	C 2.301 	C 2.301 	C 2.304 ok SR Caslavaska 	D 2.401 	D 2.402 Brause 	D 2.402 Radochla 	E 2.502 	E. 2.502 		
CNTRSWNG	B 2.205 to LB 			C 2.305 	C.2.306 Pritchard 		D 2.405 	D 2.406 LB Cox 	D 2.406 Bullock 	D 2.406 LB Montell 	E 4.506 	Cntr Kim 	
UPRISE				C 2.302 SchierKehre 			D 2.402 JanzKehre 	D 2.403 McCalla 	D 2.404 Wilson 	D 2.404 Franzella 			
CLEAR HIP							D 3.401 Schap 	D 3.404 	D 3.408 Pelaez 	D 7.401 	E 3.501 HB Khorkina 	E 3.502 Jones/Hindorf 	E 3.508 Sims
UNDRSWG	B 3.201 to HB 		B 3.203 	C 3.301 Hic Up 	C 3.303 to LB 		D 3.403 to LB 				E 3.503 Strong 		
DISLOCATE				C 3.306 Schleudern 	C 3.306 Tai 	C 3.306 to LB 	D 3.406 Zuchold 	D. 7.406** Teza 	D. 7.406** 	D. 7.407** Li Li 			
GIANTS/BK				C 4.302 	C 4.303 		D 4.402 Dochney 	D 4.405 Tkatchev 			E 4.502 ok SR Chusovitina 	E 4.505 P.Tkatchev 	E 4.505 Shush
GIANTS/BK			C 4.306 Peach 	C 4.306 Cullinan 	C 4.307 Turchin 	C 4.307 Laumann 	D 4.406 Pak 	D 4.407 O'Neal 	D 4.407 Geinger 	D 4.407 Deltchev 	E 4.506 Phillips/Bhard 	E 4.507 Hubbard 	E 4.507 Hristakieva
BAILS	B 4.204 -- C after D/E Release 			C 4.304 			D 4.404 				E 4.504 		
GIANTS/FR				C 5.303 	C 5.305 to HB 	C 5.306 Wenning 	D 5.402 Estella 	D 5.403 Ejova 	D 5.403 to LB 	D 5.404 Mix Delt 	E 5.504 Garrett 	E 5.505 Cappuccitti 	E 5.505 Str. Jaeger
GIANTS/FR							D 5.405 Jaeger 	D 5.405 Grable 	D 5.406 Khorkina 		E 5.505 Mo 	E 5.506 Perret 	E 5.507 Karpenko/Ling
STALDERS	B 6.201 	B 6.202 to LB 	B 6.202 	C 6.302 to LB 	C 6.305 Ray 	C 6.305 to HB 	D 6.402 to LB 	D 6.402 to HB 	D 6.404 	D 6.405 	E 6.505 Ricna 	E 6.505 to HB 	
TOE ON/FR	B 7.203 to LB 			C 7.310 Hic Up 	C 7.310 Reinhardt 		D 7.409 	D 7.410 Maloney 	D 7.410 Oster 		E 7.510 Byhovskoy 	E 7.511 Tweddle 	E 7.511 Ray
SEAT CRCL	B 7.204 	B 7.204 	B 7.206 to LB 	C 7.313 to HB 									
STR. CUT	B 7.205 			C 7.305 to HB 									
HECHTS				C 7.301 to HB 			D 7.401 Hechtkehr 	D 7.401 Clr Hechtk. 					