

RELEASE CHART	Skill Family Color Code		Hndstnd/Cast/Crcl	Hechts	Flight bar to bar		Saltos	Vaults	Lee Bjella/Ann Heppner 2011				
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 Caslavska	D 2.401 	D 2.402 Brause	D 2.402 Radochla		E 2.502 Brause 1/1	E. 2.502 Comaneci	
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/Hindorff	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	B 4.206 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 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 Byhovsky	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	B 7.202 			C 7.301 to HB			D 7.401 Hechtkehre	D 7.401 Clr Hechtk.					