



2022 SSI Practice Schedule

This is not intended as a true practice. It is intended to familiarize yourself with the equipment that you will be competing on. Please adhere to the time schedule. If you have an issue with the time that has been assigned to you, please e-mail Margie at mcc134@hotmail.com and she will try to adjust the times for your gymnasts. If times are adjusted, a “revised” practice schedule will be sent to the lead/liaison coaches. **Once the event has started, please direct all questions to the Meet Referee (Dean) for any changes.**

Gym open: 12:00pm

General Warm-up: 12:15-12:30

Time Schedule starts at 12:30. Each rotation is 15 minutes. NOTE: Floor Rotations are only 10 minutes

Rotations finish at 2:30pm.

Gym cleared by 2:45pm.

VAULT			BARS			BEAM			FLOOR All States
Vault A	Vault B		Bars A	Bars B		Beam A	Beam B		10 min rotations
IL/IN	WA	12:30	CT3*	TX3*	12:30	WI3	MA/NH3	12:30	WI-1/2
MI	NJ	12:45	CT2*	TX2*	12:45	CT1	TX1	12:40	MA/NH ½
WI1	MA/NH1	1:00	IL/IN	WA	1:00	CT3	TX3	12:50	WI ½
WI2	MA/NH2	1:15	MI	NJ	1:15	CT2	TX2	1:10	MA/NH ½
WI3	MA/NH3	1:30	WI1	MA/NH1	1:30	IL/IN	WA	1:20	CT ½
CT1	TX1	1:45	WI2	MA/NH2	1:45	MI	NJ	1:30	TX ½
CT3	TX3	2:00	WI3	MA/NH3	2:00	WI1	MA/NH1	1:40	CT ½
CT2	TX2	2:15	CT1*	TX1*	2:15	WI2	MA/NH2	1:50	IL/IN
								2:00	WA
								2:10	MI
								2:20	NJ



*Given the nature/speed of Bars, CT1 and TX1 may include their athletes from the last round into either the first or second rotation on their own discretion with the advisement to the Meet Referee (Dean) Updated: 4/30/2022



2022 Competition Schedule

There will be two sets of equipment, except floor. Teams will warm up and compete on the same set of equipment. Flight A will warm up first. While Flight A is competing, Flight B will warm up. Once the event has started, please direct all questions to the Meet Referee (Dean) for any changes. **Once the event has started, please direct all questions to the Meet Referee (Dean) for any changes.**

Warm Up Procedures:

Vault: Gymnasts will have 3 attempts to go over the vault table. Included in this is any touch of the vault table, even if only standing on the table and jumping off.

Uneven Bars and Balance Beam will have a warmup block of 90 seconds per gymnast. (While the other flight is competing)

Floor: There will be a tumble strip for the floor competitors to warm up on prior to their rotation. There will be 3 minutes blocked for the first 3 gymnasts that will be competing **in the entire meet (not round)** and after that there will be a **continuous bump touch** for next 5 floor competitors in the remainder of the meet. Each athlete needs to be ready and watching to see when they will be bump touch so as to not miss their bump in. If a gymnast does not feel she has received proper amount of warm up time in the bump touch she may ask the judge for an additional time not to exceed 10 seconds per athlete.

We are not necessarily staying in "rotations" but continuing to follow the team listed before you and IF there is a backup at one event it may change to keep the competition moving. (With the discretion of the Meet Director/DEAN)

VAULT		BARS		BEAM	
Vault	Vault	Bars	Bars	Beam	Beam
A	B	A	B	A	B
IL/IN	WA	CT3*	TX3*	WI3	MA/NH3
MI	NJ	CT2*	TX2*	CT1	TX1
WI1	MA/NH1	IL/IN	WA	CT3	TX3
WI2	MA/NH2	MI	NJ	CT2	TX2
WI3	MA/NH3	WI1	MA/NH1	IL/IN	WA
CT1	TX1	WI2	MA/NH2	MI	NJ
CT3	TX3	WI3	MA/NH3	WI1	MA/NH1
CT2	TX2	CT1*	TX1*	WI2	MA/NH2



FLOOR WI ½, MA/NH ½, WI ½, MA/NH ½, CT ½, TX ½, CT ½, TX ½, IL/IN, WA, MI, NJ

- *Given the nature/speed of Bars, CT1 and TX1 may include their athletes from the last round into either the first or second rotation on their own discretion with the advisement to the Meet Referee (Dean)

Updated: 4/30/2022