

## 2024 NHSGA SSI Tentative Timeline

Updated: 4/28 9:45 PM

### Thursday, May 16<sup>th</sup> Workout/Opening Ceremonies



Please bring your t-shirt that you want to exchange to the practice on Thursday-make sure you pick up a t-shirt coupon, so you can get one during open stretch at Finals on Saturday.

**11:45-2:00 pm** Scheduled **Workout** at [Estero Community Center](#)- this is primarily a time to familiarize yourself with the equipment, **not to have a full workout**. Each State (team) will be assigned approximately 15 minutes per event/per 6 competitors. **Gym opens at 11:45 Lead Coach meeting at 12:00.**

**4:45pm** Arrive at banquet room in host hotel-DiamondHead. Non-gymnasts/coaches are welcome and will be charged \$65 and sit in a different area than the gymnasts.

**5:00-6:45 Opening Ceremonies Banquet:** Celebration of gymnasts/coaches/judges, dinner, ice breakers, important meet information.

**7:00 Coaches and Gymnasts Meeting** at host hotel-Diamond Room at least 2 gymnasts per state **MUST** attend. NHSGA Meeting- Immediately after the coaches/gymnast meeting Shirts/Programs/Goodie bags are distributed here.

8:00(ish)-10:00 \*Coaches Social-Cabanas

### Friday, May 17<sup>th</sup> -Prelims and Team Competition

9:00 am Gym Opens      9:00-9:15 Open Stretch  
9:25 am March In and Opening Ceremonies  
9:45 am Competition Begins



### Saturday, May 18<sup>th</sup> -Event Finals-

8:00 am      Gym Opens-T-shirt exchange-first come first served, come early for best selections, remember your coupon  
8:00-9:00<sub>am</sub> Open Stretch and Event Warmups (all events at same time-schedule your time wisely if you qualified on multiple events)  
9:05 am      March In (ALL Teams/Competitors/Coaches March-In in Team Warmups)  
9:15 am      Event Finals Begin

**INCLUSIONARY RULE:** If a state does not have any qualifiers for the Finals, they can enter one gymnast on one event. This gymnast will be eligible for a medal in that event.