

## 2025 NHSGA SSI Tentative Timeline

### Thursday, May 15<sup>th</sup> Workout/Opening Ceremonies

Updated: 12/26/24



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.

**11:45-1:30** was 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 12:45 11:45 Lead Coach meeting at 1:00 12:00.**

**4:45**-Arrive at banquet (near check-in )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-Everglade C at least 2 gymnasts per state MUST attend.

NHSGA Membership Meeting- Immediately after coaches/gymnast meeting  
Shirts/Programs/Goodie bags distributed here.

**8:00ish-10:00** \*Coaches Social—Cabanas

### Friday, May 16<sup>th</sup> -Prelims and Team Competition

9:00 am Gym Opens 9:00-9:15 Open Stretch

9:25am March In and Opening Ceremonies

9:45 am Competition Begins



### Saturday, May 17<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

8:00-9:00am 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