

**2016 NHSGA SENIOR SHOWCASE INVITATIONAL SCHEDULE (tentative)**

**Thursday May 19<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 Sunday.**



**\*\*12:00(NOON)-3:30pm** 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 per 15 minute time slot.

**\*\*5:30pm** Arrive at Bootleggers (gymnasts and coaches only) -Must have bracelet from lead coach to attend.

**\*\*6:00-9:00 Opening Ceremonies Banquet:** Celebration of gymnasts /coaches/judges, dinner, raffles, ice breakers, important meet information.

**\*\*9:30 Coaches and Gymnasts Meeting** at DiamondHead-Diamond Room near lobby.  
NHSGA Meeting- Immediately after coaches/gymnast meeting at DiamondHead (same room) Goodie bags distributed here.

**\*\*Coaches Social**—Room TBA at Meeting-T-shirts/programs to be distributed here.

**Friday May 20th -Prelims and Team Competition**

9:00 am Gym Opens  
9:00-10:00 Open Stretch  
10:10am March In and Opening Ceremonies  
10:30 am Competition Begins

Coaches Social @ Diamond Head -Time and Place TBD

**Saturday May 21st-Event Finals-**

8:00 am Gym Opens-T-shirt exchange-first come first served, come early for best selections, remember your coupon  
8:00-9:15 Open Stretch and Event Warm Ups  
9:20 March In (ALL Teams/Competitors/Coaches March In)  
9:30 Event Finals Begin