

THURSDAY, MAY 16

2024 PRACTICE DAY SCHEDULE 2024

Updated: 4/29/24
9:35 PM

	EQUIPMENT A-Closest to the FX			Thursday May 16		EQUIPMENT B			
Gym Opens @ 11:45	Open stretch will take place on full floor from 11:45-12:15. Floor warm ups will take place on the full competition floor.					Open stretch will take place on full floor from 11:45-12:15. Floor warm ups will take place on the full competition floor.			Gym Opens @ 11:45
	Vault A	Bars A	Beam A	SHARED FLOOR	Vault B	Bars B	Beam B		
12:00	LEAD COACHES MEETING				12:00	LEAD COACHES MEETING			12:00
12:15	WI1	WA1	MI	IN/TX	12:15	IL1	MA1	CT1	12:15
12:30	WI2	WA2	NJ		12:30	IL2	MA2	CT2	12:30
12:45	WI3	WI1	WA1	MI/CT/NJ	12:45	TX1	IL1	MA1	12:45
1:00	IN	WI2	WA2		1:00	TX2	IL2	MA2	1:00
1:15	MI	WI3	WI1	MA/WA	1:15	CT1	TX1	IL1	1:15
1:30	NJ	IN	WI2		1:30	CT2	TX2	IL2	1:30
1:45	WA1	MI	WI3	WI/IL	1:45	MA1	CT1	TX1	1:45
2:00	WA2	NJ	IN		2:00	MA2	CT2	TX2	2:00
2:15 GYM CLOSSES-Banquet 5:00 in DiamondHead Ballroom AB at DiamondHead. Arrive at 4:45 to find your sister state tables.									

Friday, May 17th -Prelims and Team Competition

- 8:45-9:20am Gym Opens and Open Stretch
- 9:00 am Coaches Meeting
- 9:30 am March-In and Presentation of the Colors
- 9:45 am Competition Begins



Saturday, May 18th -Event Finals

- 8:00 am Gym Opens-T-shirt exchange, remember your coupon.
- 8:00-9:00 am Open Stretch and Event Warmups (all events at the same time-schedule your time wisely if on multiple events)
- 9:05 am March In (ALL Teams/Competitors/Coaches March-In please wear Team Warmups)
- 9:15 am Event Finals



FRIDAY, MAY 17, 2024

2024 NHSGA Senior Showcase Competition Schedule

There will be two sets of equipment, except the 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.

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 a jump up and off.

Uneven Bars and **Balance Beam:** will have a warm-up block of 90 seconds per gymnast (While the other flight is competing)

Floor: There will not be a tumble strip this year. There will be 3 minutes blocked for the first 3 gymnasts in the entire meet (not round). After that, the **next 5** competitors will bump in for the remainder of the meet. Each athlete needs to be ready and watching to see when they will bump touch so as to not miss their bump in. Communicate with the team that competes before you. If the gymnast feels she needs more than a bump warm-up, she may ask the judge for additional time, not to exceed 10 seconds per gymnast.

We are not necessarily staying in “rotations” but continuing to follow the team listed before you. IF there is a back up at one event, the competition order may change to keep things moving. (With the direction of the Meet Director/DEAN

COMPETITION SCHEDULE 2024

VAULT		BARS		BEAM		FLOOR
Vault A	Vault B	Bars A	Bars B	Beam A	Beam B	BUMP TOUCH
WI 1	IL 1	WA 1	MA 1	MI	CT 1	INDIANA TEXAS MICHIGAN CONNECTICUT NEW JERSEY WASHINGTON MASSACHUSETTS WISCONSIN ILLINOIS
WI 2	IL 2	WA 2	MA 2	NJ	CT 2	
WI3/IN	TX 1	WI 1	IL 1	WA 1	MA 1	
MI	TX 2/CT	WI 2	IL 2	WA 2	MA 2	
NJ	CT	WI 3/IN	TX 1	WI 1	IL 1	
WA 1	MA 1	MI	TX/CT	WI 2	IL 2	
WA 2	MA 2	NJ	CT	WI 3/IN	TX	