

2019 NHSGA SSI Tentative Timeline

Thursday, May 16 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.

12:00(NOON)-2:30pm 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 25 minutes per event/per 12 competitors.

5:30pm Arrive at restaurant (tentatively) “Original Shrimp Dock.” You must have bracelet from lead coach to attend. Non-gymnasts/coaches are welcome and will be charged.

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

9:30 Coaches **and** Gymnasts Meeting at DiamondHead -Diamond Room B 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 17 -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



Saturday, May 18 -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_{am} Open Stretch and Event Warm Ups (all events at same time)
9:20 am March In (ALL Teams/Competitors/Coaches March In)
9:30 am Event Finals Begin

NEW THIS YEAR FOR FINALS-- 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