

2023 PRACTICE DAY SCHEDULE 2023

	EQUIPMENT A			Thursday May 18th		EQUIPMENT B					
Gym Opens @ 12:45	Open stretch will take place on full floor until 12:45-1:15; after that open stretch will take place on the tumble strip. Floor warm ups will take place on the full competition floor.					Open stretch will take place on full floor until 12:45-1:15; after that open stretch will take place on the tumble strip. Floor warm ups will take place on the full competition floor.			Gym Opens @ 12:45		
	Vault A	Bars A	Beam A			SHARED FLOOR	Vault B	Bars B		Beam B	
1:00	LEAD COACHES MEETING			1:00	LEAD COACHES MEETING			1:00			
1:15	MI	MA	CT	NJ/TX	1:15	IL	WI	WA	1:15		
1:30	NJ				MI	MA			CT/WA	1:30	IN/VA
1:45		MI	MA/WI	1:45	TX		IN/VA	WI		1:45	
2:00		NJ		MI	2:00		WA	TX		IL	2:00
2:15	CT	NJ	CT	MA/WI	2:15	WA	TX	IN/VA	2:15		
2:30	MA				CT	2:30		WI	WA	TX	2:30
2:45	MA	NJ	CT	MI/IL/IN/VA	2:45	WI	WA	TX	2:45		
3:00					3:00	TX		3:00			
3:15 GYM CLOSES-Banquet 6:00 in Everglades AB at host hotel. Arrive at 5:45 to find your sister state tables.											

Friday, May 19th -Prelims and Team Competition

- 8:45-9:20am Gym Opens and Open Stretch
- 9:00 am Coaches Meeting
- 9:30 am March-In and Opening Ceremonies
- 9:45 am Competition Begins



Saturday, May 20th -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 on multiple events)
- 9:05 am March In (ALL Teams/Competitors/Coaches March-In in Team Warmups)
- 9:15 am Event Finals Begin

2023 NHSGA Senior Showcase Competition Schedule

There will be two sets of equipment, except 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 be a tumble strip for the floor competitors to warm up on prior to their rotation. 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 gymnasts feels she needs more than 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



VAULT		BARS		BEAM		FLOOR
Vault A	Vault B	Bars A	Bars B	Beam A	Beam B	BUMP TOUCH
MI	IL/VA	MA	WI	CT	WA	NEW JERSEY TEXAS CONNECTICUT WASHINGTON MASSACHUSETTS WISCONSIN MICHIGAN ILLINOIS INDIANA VIRGINIA
NJ	IN	MA	WI	CT	WA	
NJ	TX	MI	IL/VA	MA	WI	
NJ	TX	NJ	IN	MA	WI	
CT	WA	NJ	TX	MI	IL/VA	
CT	WA	NJ	TX	NJ1	IN	
MA	WI	CT	WA	NJ2	TX	
MA	WI	CT	WA	NJ3	TX	

FLOOR COMPETITION ORDER: NJ, TX, CT, WA, MA, WI, MI, IL IN, VA

Floor will be bump touch, which means that the first 3 competitors in the whole competition will have 3 minutes combined and then the next 5 will begin to bump touch in while the judges are judging the prior routine.