

Practice Schedule



Thursday,
May 20, 2021

The gym will open for stretching at 12:30 and the first “practice” event will start at 1:00. Please be on time for your scheduled events.

Updated: 5/12/2021 5:45pm

Practice Schedule—This time is based on approximately 5-6 gymnasts per time slot. It is not intended as a true practice. It is intended to familiarize your self with the equipment that you will be competing on. Please adhere to the time schedule. If you have an issue with the time that has been assigned to you please e-mail Margie at mcc134@hotmail.com and she will try to adjust the times for your gymnasts. If times are adjusted I will send out a “revised” practice schedule to the lead/liason coaches with the latest version.

FLIGHT (EQUIPMENT) A					Workout on Thursday May 20th 2021	FLIGHT (EQUIPMENT) B				
Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.						Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.				
VAULT	BARS	BEAM	FLOOR	VAULT		BARS	BEAM	FLOOR		
12:15					12:15					
12:30					12:30					
12:45					12:45					
1:00	CT	WI	NJ	MA	1:00	IL	IN/VA	TX	MA	
1:15	CT	WI/WA	NJ	MA	1:15	CT	MI/PA	TX	MA	
1:30	MA	CT	WI	NJ	1:30	MA	IL	IN/VA	TX	
1:45	MA	CT	WI/WA	NJ	1:45	MA	CT	MI/PA	TX	
2:00	NJ	MA	CT	WI	2:00	TX	MA	IL	IN/VA	
2:15	NJ	MA	CT	WI/WA	2:15	TX	MA	CT	MI/PA	
2:30	WI	NJ	MA	CT	2:30	IN/VA	TX	MA	IL	
2:45	WI/WA	NJ	MA	CT	2:45	MI/PA	TX	MA	CT	
Teams on Flight (Equipment)A= CT 2/3, MA1/2, NJ, PA, WI, WA					Teams on Flight (Equipment) B=CT1/3, TX, VA, MI, PA, IL, IN, MA ½					

**Mandatory Coaches and Gymnasts
Meeting at DiamondHead After Opening Banquet**