

Friday, May 17, 2019

Competition Schedule 2019 SSI



There will be two sets of equipment, except floor. Teams will warm up and compete on the same set of equipment. Flight(equipment) A will warm up first and while Flight A is competing, Flight(equipment) B will warm up. Each round will be split in half. The judges will move from A to B with the next group of 5-8 gymnasts, which will keep the meet moving. Example: : MA(6) warms up-compete; as MA(6) is competing, TX (5) will be warming up then compete, while TX(5) is competing WI(6)will be warming up.

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 standing on the table and jumping off.

Uneven Bars and Balance Beam will have a warm up block of 90 seconds per gymnast.

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 that will be competing **in the entire meet (not round)** and after that there will be **a continuous bump touch** for next 5 floor competitors in the remainder of the meet. Each athlete needs to be ready and watching to see when they will be bump touching so as to not miss their bump in. If a gymnast does not feel she has received proper amount of warm up time in the bump touch she may ask the judge for and additional time not to exceed 10 seconds per athlete.

	FLIGHT A					FLIGHT B			
	VAULT	BARS	BEAM	FLOOR		VAULT	BARS	BEAM	FLOOR
Round 1	MA	MA	CT	CT	R1	TX	MI	WA	NJ
	WI	MA	IL	CT		TX/RI	MI	WA	MG
Round 2	CT	MA	MA	CT	R2	NJ	TX	MI	WA
	CT	WI	MA	IL		MG	TX/RI	MI	WA
Round 3	CT	CT	MA	MA	R3	WA	NJ	TX	MI
	IL	CT	WI	MA		WA	MG	TX/RI	MI
Round 4	MA	CT	CT	MA	R4	MI	WA	NJ	TX
	MA	IL	CT	WI		MI	WA	MG	TX/RI

Floor competition order will be as follows:
 CT(Half), NJ, MG, CT (Half), IL, WA, MA (Half), MI, MA(Half), TX, WI, RI

Saturday Competition: Top 15 gymnasts from each event will compete for the championship. Each gymnast will be highlighted and will start fresh/new life in scoring. Vault and Bars will alternate completion first, followed by Beam and Floor Exercise. At the conclusion of the competition we will announce individual champions, all around champions, team, sportsmanship, coach and athlete of the meet.

Saturday Timeline as follows:
 8:00 Gym Opens, t-shirt exchange
 8:00-9:15am-OPEN stretch and **all** event warm ups (**all** at the same time, no assigned events/time)
 9:20: March In (ALL teams, competitors, coaches march in.)
 9:30 Event Finals Begin