

Practice Schedule



Practice Schedule—It is not intended as a true practice. It is intended to familiarize your self with the equipment that you will be competing on. Open stretch will take place on the tumble strip and will be open at 11:30, floor warm up will take place on the full floor exercise. Please adhere to the time schedule.

Round	Time Slot	VT A	VT B	UB A	UB B	BB A	BB B	FX A	FX B
1	12:00-12:25	IL	MA 1	TX	NH / RI	MI	WI	MA 2	NJ / PA
2	12:25-12:50	open	MA 2	IL	MA 1	WA	TX	MI	WI
3	12:50-1:15	CT	MI	open	MA 2	NH / RI	IL	WA	TX
4	1:15-1:40	NJ / PA	WA	CT	MI	MA 1	open	NH / RI	IL
5	1:40-2:05	WI	NH / RI	NJ / PA	WA	MA 2	CT	MA 1	open
6	2:05-2:30	TX	open	WI	open	Open	NJ / PA	open	CT

The gym will be closed promptly at 2:30pm to prepare for the Opening Ceremony.

*Opening Ceremonies Banquet at Bootleggers 6-9 (doors at 5:30) followed by
Coaches & Gymnast meeting at DiamondHead*