

UPDATES ARE HIGHLIGHTED

Thursday, May 18th 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.

12:45-2:30pm 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 15 minutes per event/per 6 competitors. **Gym opens at 12:45 Lead Coach meeting at 1:00.**

5:45pm Arrive at banquet room in host hotel, Everglade Room AB. Non-gymnasts/coaches are welcome and will be charged \$65 and sit in a different area than the gymnasts.

6:00-7:45 **Opening Ceremonies Banquet:** Celebration of gymnasts/coaches/judges, dinner, ice breakers, important meet information.

8:00 **Coaches and Gymnasts Meeting** at host hotel-Everglade C at least 2 gymnasts per state **MUST** attend. NHSGA Meeting- Immediately after coaches/gymnast meeting Shirts/Programs/Goodie bags distributed here.

9:00-?? *Coaches Social—Mike’s Room (not sure #)

Friday, May 19th -Prelims and Team Competition

8:45-9:20am Gym Opens and Open Stretch
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 you qualified on multiple events)
9:05 am March In (ALL Teams/Competitors/Coaches March-In in Team Warmups)
9:15 am Event Finals Begin

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