

Competition Schedule 2009 SSI



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 and while Flight A is competing, Flight B will warm up. Each round has up to 6 gymnasts competing.



Warm Up Procedures:

Vault: Gymnasts will have 3 attempts to go over the vault table. If there is any touch on 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 for a gymnast.

Floor: There will be 3 minutes blocked for the first 2 gymnasts that are competing **in the entire meet (not round)** and after that there will be **a continuous bump touch** for the next 4 competing athletes. Each athlete needs to be ready and watching to see when they will be bump touching so as to not miss their bump touch. 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 additional time not to exceed 10 seconds per athlete.

This will be updated when we have firm numbers registered. This is just an idea from last years meet.

	FLIGHT A						FLIGHT B			
	VAULT	BARS	BEAM	FLOOR			VAULT	BARS	BEAM	FLOOR
Round 1	WA2/CT2	NH/PA	MI	IL 1	R1	NJ 1	VA 2	RI 2	NY	
Round 2	CT 1	WA1	WI/MD	IL 2	R2	NJ2	MA	VA 1	RI 1	
Round 3	IL 1	WA2/CT2	NH/PA	MI	R3	NY	NJ 1	VA 2	RI 2	
Round 4	IL 2	CT 1	WA1	WI/MD	R4	RI 1	NJ2	MA	VA 1	
Round 5	MI	IL 1	WA2/CT2	NH/PA	R5	RI 2	NY	NJ 1	VA 2	
Round 6	WI/MD	IL 2	CT 1	WA1	R6	VA 1	RI 1	NJ2	MA	
Round 7	NH/PA	MI	IL 1	WA2/CT2	R7	VA 2	RI 2	NY	NJ 1	
Round 8	WA1	WI/MD	IL 2	CT 1	R8	MA	VA 1	RI 1	NJ2	