



Practice Schedule  
Friday, May 22, 2009

There will be two sets  
of equipment.

|      |  | Flight/Equipment A  |      |      |       |      |     | Flight/Equipment B  |      |      |       |
|------|--|---------------------|------|------|-------|------|-----|---------------------|------|------|-------|
|      |  | Vault               | Bars | Beam | Floor |      |     | Vault               | Bars | Beam | Floor |
| 2:30 |  |                     |      |      |       | 2:30 |     |                     |      |      |       |
| 2:45 |  | <b>OPEN STRETCH</b> |      |      |       | 2:45 |     | <b>OPEN STRETCH</b> |      |      |       |
| 3:00 |  | WI                  | CT   |      | WA1   | 3:00 | VA1 |                     |      |      |       |
| 3:15 |  | MD                  | WI   | CT   | WA2   | 3:15 | VA2 |                     |      |      |       |
| 3:30 |  | WA1                 | MD   | WI   | CT    | 3:30 | NJ1 | VA1                 |      |      |       |
| 3:45 |  | WA2                 |      | MD   | WI    | 3:45 | NJ2 | VA2                 |      |      |       |
| 4:00 |  |                     | WA1  |      | MD    | 4:00 |     | NJ1                 | VA1  |      |       |
| 4:15 |  | CT                  | WA2  |      |       | 4:15 |     | NJ2                 | VA2  |      |       |
| 4:30 |  | IL1                 | NH   | WA1  | MI    | 4:30 |     | R11                 |      | VA1  |       |
| 4:45 |  | IL2                 | PA   | WA2  |       | 4:45 |     | R2                  |      | NJ2  | VA2   |
| 5:00 |  | MI                  | IL1  |      |       | 5:00 |     |                     |      | R11  | NJ1   |
| 5:15 |  |                     | IL2  | PA   | NH    | 5:15 |     |                     |      | R12  | NJ2   |
| 5:30 |  | NH                  | MI   | IL1  | PA    | 5:30 | NY  | MA                  |      |      | R11   |
| 5:45 |  |                     |      | IL2  |       | 5:45 |     | NY                  | MA   |      | R12   |
| 6:00 |  |                     |      |      | IL1   | 6:00 | R11 |                     | NY   |      | MA    |
| 6:15 |  |                     |      |      | IL2   | 6:15 | R12 |                     |      |      | NY    |

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

**Dinner with your kids!**

**8:00 Coaches and Gymnasts**

**Mandatory Meeting at Turtle Cay**