

4A STATE GYMNASTICS TIME SCHEDULE @ THORNTON HIGH SCHOOL

FRIDAY(4A) PRELIMINARY SESSION

1:30 pm	Registration/Check-In
1:45 pm	Coaches Meeting
2:00 pm	Judges Meeting
2:30 pm	Score Keepers & Timers Meeting
2:10-2:50 pm	Open Gym
2:50 pm	Opening Ceremonies - Introduction of teams, presentation of colors
3:00 pm	1 st Timed Warm-Up (8 minutes)
3:10 pm	Competition Begins

	VAULT	BEAM	UNEVENS	FLOOR
Rotation 1	1 - Group C	2 - Group B	3 - Green Mtn.	4 - Group A
	5 - Roosevelt	6 - Standley Lake	7 - Northfield	8 - Loveland
	9 - Niwot	10 - Evergreen	11 - Palmer Rdg.	12 - Elizabeth
Rotation 2	4 - Group A	1 - Group C	2 - Group B	3 - Green Mtn.
	8 - Loveland	5 - Roosevelt	6 - Standley Lake	7 - Northfield
	12 - Elizabeth	9 - Niwot	10 - Evergreen	11 - Palmer Rdg.
15-MINUTE BREAK				
Rotation 3	3 - Green Mtn.	4 - Group A	1 - Group C	2 - Group B
	7 - Northfield	8 - Loveland	5 - Roosevelt	6 - Standley Lake
	11 - Palmer Rdg.	12 - Elizabeth	9 - Niwot	10 - Evergreen
Rotation 4	2 - Group B	3 - Green Mtn.	4 - Group A	1 - Group C
	6 - Standley Lake	7 - Northfield	8 - Loveland	5 - Roosevelt
	10 - Evergreen	11 - Palmer Rdg.	12 - Elizabeth	9 - Niwot

1.	Group C	5.	Roosevelt	9.	Niwot
2.	Group B	6.	Standley Lake	10.	Evergreen
3.	Green Mountain	7.	Northfield	11.	Palmer Ridge
4.	Group A	8.	Loveland	12.	Elizabeth

Group A	Group B	Group C
Alamosa	Bear Creek	Canon City
Lone Star	Denver South	Fort Morgan
Pueblo Central	Thomas Jefferson	

4A & 5A FINALS (Saturday)

12:00-12:15 Open warm-up	12:45-1:15 Last two events warm-up
12:15-12:45 First two events warm-up	1:30 March-in and competition begins
Awards at completion of events	