Schedule of Events

All Times CENTRAL

FRIDAY, MARCH 22, 2013

11:45 a.m.-12:45 p.m. Coaches Meeting (Lunch to be served)

Practice Session I

1:00-1:20 p.m. Open Stretch

	Vault	Bars	Beam	Floor
1:22-1:42	5	6	7	8
1:44-2:04	8	5	6	7
2:06-2:26	7	8	5	6
2:28-2:48	6	7	8	5

2:56 p.m.-3:16 p.m. – Regular Season Awards and Interviews

Practice Session II

3:22-3:42 p.m. Open Stretch

	Vault	Bars	Beam	Floor
3:44-4:04	1	2	3	4
4:06-4:26	4	1	2	3
4:28-4:48	3	4	1	2
4:50-5:10	2	3	4	1

SATURDAY, MARCH 23, 2013

10 a.m. Training Room Opens

Noon Judges Meeting

12:17 - 12:32 p.m. Open Stretch - no equipment (1st Session Participants)

Official Warm-Ups/Competition

	Vault	Bars	Beam	Floor
12:34 - 12:49 p.m.	5	6	7	8
12:51 - 1:06 p.m.	8	5	6	7
1:08 - 1:23 p.m.	7	8	5	6
1:25 - 1:40 p.m.	6	7	8	5

1:40 p.m. Clear Floor
1:55 p.m. March In
2:00 p.m. National Anthem
2:05 p.m. First Session Competition Begins
3:50 p.m. First Session Competition Ends

4:10 – 4:25 p.m. Open Stretch - no equipment (2nd Session Participants)

Official Warm-Ups/Competition

	Vault	Bars	Beam	Floor
4:27 – 4:42 p.m.	1	2	3	4
4:44 – 4:59 p.m.	4	1	2	3
5:01 - 5:16 p.m.	3	4	1	2
5:18 – 5:33 p.m.	2	3	4	1

5:33 p.m. Clear Floor
5:50 p.m. March In
6:00 p.m. Second Session Competition Begins
7:45 p.m. Second Session Competition Ends
8:00 p.m. Post Meet Awards Ceremony (All eight teams)

ALL TIMES CENTRAL