

**Thursday  
May 19th**

# Practice Schedule



**Practice Schedule**—This time is based on 6 gymnasts per time slot. It is not intended as a true practice. It is intended to familiarize your self with the equipment that you will be competing on. Please adhere to the time schedule. If you have an issue with the time that has been assigned to you please e-mail Margie at [mcc134@hotmail.com](mailto:mcc134@hotmail.com) and she will try to adjust the times for your gymnasts. If times are adjusted I will send out a “revised” practice schedule to the lead/liaison coaches with the latest version.

EQUIPMENT A					Thursday May 19 <sup>th</sup> 2011	EQUIPMENT B				
VAULT	BARS	BEAM	FLOOR	VAULT		BARS	BEAM	FLOOR		
Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.						Open stretch will take place on the tumble strip, floor warm up will take place on the full floor exercise.				
VAULT	BARS	BEAM	FLOOR	VAULT		BARS	BEAM	FLOOR		
2:30					2:30	WA				
2:45					2:45	WA				
3:00	MAa				3:00		WA			
3:15	MAa				3:15		WA			
3:30		MAa		MD 2	3:30	NJ 5		WA		
3:45	MD 2	MAa			3:45	NJ2 PA2 NH1		WA		
4:00	RI		MAa		4:00		NJ 5		WA	
4:15	RI	MD 2	MAa		4:15		NJ2 PA2 NH1		WA	
4:30		RI		MAa	4:30			NJ 5		
4:45		RI	MD 2	MAa	4:45			NJ2 PA2 NH1		
5:00	TX	IL	RI	CT	5:00	MAb	WI		NJ 5	
5:15	TX	IL	RI	CT	5:15	MAb	WI		NJ2 PA2 NH1	
5:30	CT	TX	IL	RI	5:30		MAb	WI		
5:45	CT	TX	IL	RI	5:45		MAb	WI		
6:00		CT	TX	IL	6:00			MAb	WI	
6:15		CT	TX	IL	6:15			MAb	WI	
6:30	IL		CT	TX	6:30	WI			MAb	
6:45	IL		CT	TX	6:45	WI			MAb	

Teams on Flight (Equipment) A=CT, TX, RI, MAa, IL, MD

Teams on Flight (Equipment)B= MAb, NJ, PA, NH, WI, WA

Updated 5-5-11

5-5-2011