

Friday, May 20, 2011

Competition Schedule 2011 SSI



There will be two sets of equipment, except floor. Teams will warm up and compete on the same set of equipment. Flight(equipment) A will warm up first and while Flight A is competing, Flight(equipment) B will warm up. Each round will be split in half so that there will be no more than 6 athletes to warm up and compete. We will not move to the next rotation until the entire round of up to 12 athletes has competed.

Warm Up Procedures:

Vault: Gymnasts will have 3 attempts to go over the vault table. Included in this is any touch of 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 per gymnast.

Floor: There will be a tumble strip for the floor competitors to warm up on prior to their rotation. There will be 1 minute blocked for the first 3 gymnasts that will be competing in the entire meet (not round) and after that there will be a 30 second bump touch for next 5 floor competitors in the remainder of the meet. Each athlete needs to be ready to bump touch so as to not miss their bump in. If a gymnast does not feel she has enough time to bump touch she may ask the judge for an additional time in the bump touch she may ask the judge for an additional time not to exceed 10 seconds per athlete. This process will be repeated after the intermission with the remaining teams. Rotations will be announced so as to have one event left at the end and will be announced. Please do not start competing until the rotation has been announced.

Last years schedule

Teams on Flight (Equipment) A= MA, NJ, WA, NH, WI, VA

Teams on Flight (Equipment) B= CT, TX, RI, MA b, IL, MD

	FLIGHT A				FLIGHT B			
	VAULT	BARS	BEAM	FLOOR	VAULT	BARS	BEAM	FLOOR
Round 1	MAa5 MAa 4	WA 5	WI 5 WI 3 WA 3	NJ 5 NJ2 PA2 NH1	CT 5 CT 4 MD 2	IL 5	MAb 5 MA b 5	TX 2 RI 4 RI 5
Round 2	NJ 5 NJ2 PA2 NH1	VA	WA 5	WI 5 WI 3 WA 3	TX 5 TX 2 RI 4	CT 5 CT 4 MD 2	IL 5	MAB 5 MA b 5
Round 3	WI 5 WI 3 WA 3	MAa 5 MAa 4	VA	WA 5	RI 5	TX 5	CT 5	IL 5
Round 4	WA 5	NJ 5	MAa 5	VA	MAB 5 MAB 5	RI 5	TX 5	CT 5
Round 5	VA	NJ2 PA2 NH1	MAa 4	VA	IL 5	MAB 5	TX 2 RI 4	CT 4 MD 2
	VA	WI 5 WI 3 WA 3	NJ 5 NJ2 PA2 NH1	MAa 5 MAa 4	IL 5	MA b 5	RI 5	TX 5

Floor competition order will be as follows:

NJ 5, TX 2 RI 4, NJ2 PA2 NH1, RI 5, WI 5, MAB 5, WI 3 WA 2, MAB 5, WA 5, IL 5, WA 5, IL 5, VA, CT 5, VA, CT 4 MD 2, MAa 5, TX 5, MAa 4

Updated-5/6/11 8:43am