



National Collegiate Women's Gymnastics Regional Championships
Schedule of Events
All times are local.

Tuesday, March 30

Noon (EST) Administrative meeting for all participating teams and individuals (virtual)

Wednesday, March 31

6:30 p.m. Equipment check with site representative, meet referee and tournament director

Thursday, April 1

11 a.m. – Noon	Look through for teams participating in first round
Noon	Training room opens
1 – 1:20 p.m.	Open stretch
1:20 – 1:22 p.m.	Transition
1:22 – 1:37 p.m.	Warmup Rotation 1
1:37 – 1:39 p.m.	Transition
1:39 – 1:54 p.m.	Warmup Rotation 2
1:54 – 1:56 p.m.	Transition
1:56 – 2:11 p.m.	Warmup Rotation 3
2:11 – 2:13 p.m.	Transition
2:13 – 2:28 p.m.	Warmup Rotation 4
2:43 p.m.	March Ins/National Anthem
2:54 p.m.	March to first event
2:56 p.m.	Touch warmup start
3 p.m.	Competition starts
6:45 – 7:45 p.m.	Look through for teams/individuals participating in the second round

Friday, April 2

10 a.m.	Training room opens
11 – 11:20 a.m.	Open stretch for Session 1
11:20 – 11:22 a.m.	Transition
11:22 – 11:37 a.m.	Warmup Rotation 1*
11:37 – 11:39 a.m.	Transition
11:39 – 11:54 a.m.	Warmup Rotation 2*
11:54 – 11:56 p.m.	Transition
11:56 – 12:11 p.m.	Warmup Rotation 3*
12:11 – 12:13 p.m.	Transition
12:13 – 12:28 p.m.	Warmup Rotation 4*
12:43 p.m.	March Ins/National Anthem
12:54 p.m.	March to first event
12:56 p.m.	Touch warmup start
1 p.m.	Competition start for Session 1
5 – 5:20 p.m.	Open stretch for Session 2
5:20 – 5:22 p.m.	Transition
5:22 – 5:37 p.m.	Warmup Rotation 1*
5:37 – 5:39 p.m.	Transition
5:39 – 5:54 p.m.	Warmup Rotation 2*
5:54 – 5:56 p.m.	Transition
5:56 – 6:11 p.m.	Warmup Rotation 3*
6:11 – 6:13 p.m.	Transition
6:13 – 6:28 p.m.	Warmup Rotation 4*



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6:43 p.m.	March Ins/National Anthem
6:54 p.m.	March to first event
6:56 p.m.	Touch warmup start
7 p.m.	Competition start for Session 2

**Time on clock may not reflect actual time on each warmup rotation due to individuals competing with teams. Committee may adjust the warmup schedule but this gives you a good idea.*

Saturday, April 3

4 p.m.	Training room opens
5 – 5:20p.m.	Open stretch for Regional Final
5:20 – 5:22 p.m.	Transition
5:22 – 5:37 p.m.	Warmup Rotation 1
5:37 – 5:39 p.m.	Transition
5:39 – 5:54 p.m.	Warmup Rotation 2
5:54 – 5:56 p.m.	Transition
5:56 – 6:11 p.m.	Warmup Rotation 3
6:11 – 6:13 p.m.	Transition
6:13 – 6:28 p.m.	Warmup Rotation 4
6:43 p.m.	March Ins/National Anthem
6:54 p.m.	March to first event
6:56 p.m.	Touch warmup start
7 p.m.	Competition starts for Regional Final