



2022 National Collegiate Women's Gymnastics Regional Championships
Schedule of Events
All times are local

Monday, March 28

Noon (EST)

Administrative Meeting for all participating teams and individuals (Virtual)

Tuesday, March 29

6:30 p.m.

Equipment check with site representative, meet referee and tournament director.

Wednesday, March 30

11 a.m. – Noon

Look through for teams participating in first round

11 a.m.

Training room opens

12:47 – 1:07 p.m.

Open Stretch

1:07 – 1:09 p.m.

Transition

1:09 – 1:26 p.m.

Warmup Rotation 1

1:26 – 1:28 p.m.

Transition

1:28 – 1:45 p.m.

Warmup Rotation 2

1:45 – 1:47 p.m.

Transition

1:47 – 2:04 p.m.

Warmup Rotation 3

2:04 – 2:06 p.m.

Transition

2:06 – 2:23 p.m.

Warmup Rotation 4

2:48 p.m.

March Ins/National Anthem

2:54 p.m.

March to first event

2:58 p.m.

Touch warmup start

3:02 p.m.

Competition Starts

7:00 p.m.

Look through for teams/individuals participating in second round

Thursday, March 31

9 a.m.

Equipment check with meet referee, tournament director.

9 a.m.

Training room opens

10:47 – 11:07 p.m.

Open Stretch

11:07 – 11:09 p.m.

Transition

11:09 – 11:26 p.m.

Warmup Rotation 1

11:26 – 11:28 p.m.

Transition

11:28 – 11:45 p.m.

Warmup Rotation 2

11:45 – 11:47 p.m.

Transition

11:47 – 12:04 p.m.

Warmup Rotation 3

12:04 – 12:06 p.m.

Transition

12:06 – 12:23 p.m.

Warmup Rotation 4

12:43 p.m.

March Ins/National Anthem

12:54 p.m.

March to first event

12:58 p.m.

Touch warmup start

1:02 p.m.

Competition Starts for Session 1

4:37 – 5:07 p.m.

Open Stretch

5:07 – 5:09 p.m.

Transition

5:09 – 5:26 p.m.

Warmup Rotation 1

5:26 – 5:28 p.m.

Transition

5:28 – 5:45 p.m.

Warmup Rotation 2

5:45 – 5:47 p.m.

Transition

5:47 – 6:04 p.m.

Warmup Rotation 3

6:04 – 6:06 p.m.

Transition



2022 National Collegiate Women's Gymnastics Regional Championships
Schedule of Events
All times are local

6:06 – 6:23 p.m.	Warmup Rotation 4
6:43 p.m.	March Ins/National Anthem
6:54 p.m.	March to first event
6:58 p.m.	Touch warmup start
7:02 p.m.	Competition Starts for Session 2

Friday, April 1

Teams #1 and #2 from Session 1

10:00 – 10:20 a.m.	Open Stretch on Floor Exercise
10:20 – 10:45 a.m.	Visualization open to all events
10:45 – 11:30 a.m.	Athletic training available for teams #1 and #2 from Session 1

Teams #1 and #2 from Session 2

11:00 – 11:20 a.m.	Open Stretch on Floor Exercise
11:20 – 11:45 a.m.	Visualization open to all events
11:45 – 12:30 p.m.	Athletic training available for teams #1 and #2 from session 2

Saturday, April 2

Noon	Equipment check with meet referee, tournament director.
1:00 p.m.	Training room opens
2:47 – 3:07 p.m.	Open Stretch
3:07 – 3:09 p.m.	Transition
3:09 – 3:26 p.m.	Warmup Rotation 1
3:26 – 3:28 p.m.	Transition
3:28 – 3:45 p.m.	Warmup Rotation 2
3:45 – 3:47 p.m.	Transition
3:47 – 4:04 p.m.	Warmup Rotation 3
4:04 – 4:06 p.m.	Transition
4:06 – 4:23 p.m.	Warmup Rotation 4
4:43 p.m.	March Ins/National Anthem
4:54 p.m.	March to first event
4:58 p.m.	Touch warmup start
5:02 p.m.	Competition Starts for Regional Final