



2023 National Collegiate Women's Gymnastics Regional Championships  
Schedule of Events

\*All times are local.

**Wednesday, March 29 / Thursday, March 30**

10:00 a.m.	Look-through for teams
10:59 a.m.	Training room opens
11:59 – 12:19 p.m.	Open Stretch
12:19 – 12:21 p.m.	Transition
12:21 – 12:36 p.m.	Warmup Rotation 1
12:36 – 12:38 p.m.	Transition
12:38 – 12:53 p.m.	Warmup Rotation 2
12:53 – 12:55 p.m.	Transition
12:55 – 1:10 p.m.	Warmup Rotation 3
1:10 – 1:12 p.m.	Transition
1:12 – 1:27 p.m.	Warmup Rotation 4
1:48 p.m.	March Ins/National Anthem
1:54 p.m.	Prepare for first event
1:57 p.m.	Touch warmup start
2:01 p.m.	Competition Starts
7:00 p.m.	Look through for teams/individuals participating in second round

**Thursday, March 30 / Friday, March 31**

10:46 a.m.	Training room opens
11:46 – 12:06 p.m.	Open Stretch
12:06 – 12:08 p.m.	Transition
12:08 – 12:25 p.m.	Warmup Rotation 1
12:25 – 12:27 p.m.	Transition
12:27 – 12:44 p.m.	Warmup Rotation 2
12:44 – 12:46 p.m.	Transition
12:46 – 1:03 p.m.	Warmup Rotation 3
1:03 – 1:05 p.m.	Transition
1:05 – 1:22 p.m.	Warmup Rotation 4
1:43 p.m.	March Ins/National Anthem
1:54 p.m.	Prepare for first event
1:56:30 p.m.	Touch warmup start
2:01 p.m.	Competition Starts for Session 1
4:46 – 5:06 p.m.	Open Stretch
5:06 – 5:08 p.m.	Transition
5:08 – 5:25 p.m.	Warmup Rotation 1
5:25 – 5:27 p.m.	Transition
5:27 – 5:44 p.m.	Warmup Rotation 2
5:44 – 5:46 p.m.	Transition
5:46 – 6:03 p.m.	Warmup Rotation 3
6:03 – 6:05 p.m.	Transition
6:05 – 6:22 p.m.	Warmup Rotation 4
6:43 p.m.	March Ins/National Anthem
6:54 p.m.	Prepare for first event
6:56:30 p.m.	Touch warmup start
7:01 p.m.	Competition Starts for Session 2



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**Friday, March 31 / Saturday, 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 1 / Sunday, April 2**

1:54 p.m. Training room opens  
2:54 – 3:14 p.m. Open Stretch  
3:14 – 3:16 p.m. Transition  
3:16 – 3:31 p.m. Warmup Rotation 1  
3:31 – 3:33 p.m. Transition  
3:33 – 3:48 p.m. Warmup Rotation 2  
3:48 – 3:50 p.m. Transition  
3:50 – 4:05 p.m. Warmup Rotation 3  
4:05 – 4:07 p.m. Transition  
4:07 – 4:22 p.m. Warmup Rotation 4  
4:43 p.m. March Ins/National Anthem  
4:54 p.m. Prepare for first event  
4:57 p.m. Touch warmup start  
5:01 p.m. Competition Starts for Regional Final