



2024 National Collegiate Women's Gymnastics
National Championships Timing

*All times are local (Central) and subject to change.

Thursday, April 18

TBD	Training room opens
1:16 p.m.	Teams may enter competition area and starting event corrals.
1:21 – 1:41 p.m.	Open Stretch
1:41 – 1:43 p.m.	Transition
1:43 – 2:00 p.m.	Warmup Rotation 1
2:00 – 2:02 p.m.	Transition
2:02 – 2:19 p.m.	Warmup Rotation 2
2:19 – 2:21 p.m.	Transition
2:21 – 2:38 p.m.	Warmup Rotation 3
2:38 – 2:40 p.m.	Transition
2:40 – 2:57 p.m.	Warmup Rotation 4
2:57 pm	Clear floor
3:09 p.m.	Lineup
3:18 p.m.	March Ins/National Anthem
3:29 p.m.	Prepare for first event
3:31:30 p.m.	Touch warmup start
3:36 p.m.	Competition Starts
5:46 p.m.	Teams may enter competition area and starting event corrals.
5:51 – 6:11 p.m.	Open Stretch
6:11 – 6:13 p.m.	Transition
6:13 – 6:30 p.m.	Warmup Rotation 1
6:30 – 6:32 p.m.	Transition
6:32 – 6:49 p.m.	Warmup Rotation 2
6:49 – 6:51 p.m.	Transition
6:51 – 7:08 p.m.	Warmup Rotation 3
7:08 – 7:10 p.m.	Transition
7:10 – 7:27 p.m.	Warmup Rotation 4
7:27 p.m.	Clear floor
7:39 p.m.	Lineup
7:48 p.m.	March Ins/National Anthem
7:59 p.m.	Prepare for first event
8:01:30 p.m.	Touch warmup start
8:06 p.m.	Competition Starts for Session 2
Post competition	Awards ceremony for IES/AA



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Friday, April 19

Teams #1 and #2 from Session 1

9:55 a.m.	Teams may enter competition area
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

10:55 a.m.	Teams may enter competition area
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 20

TBD	Training room opens
12:54 p.m.	Teams may enter competition area and starting event corrals.
12:59 – 1:19 p.m.	Open Stretch
1:19 – 1:21 p.m.	Transition
1:21 – 1:36 p.m.	Warmup Rotation 1
1:36 – 1:38 p.m.	Transition
1:38 – 1:53 p.m.	Warmup Rotation 2
1:53 – 1:55 p.m.	Transition
1:55 – 2:10 p.m.	Warmup Rotation 3
2:10 – 2:12 p.m.	Transition
2:12 – 2:27 p.m.	Warmup Rotation 4
2:27	Clear floor
2:39	Lineup
2:48 p.m.	March Ins/National Anthem
2:59 p.m.	Prepare for first event
3:02 p.m.	Touch warmup start
3:06 p.m.	Competition Starts for National Championship
Post Competition	Awards Ceremony