



2025 National Collegiate Women's Gymnastics  
National Championships Timing

\*All times are local to Fort Worth, TX (CT) and subject to change.

**Thursday, April 17 – SEMIFINALS AND AA/IES FINALS**

11:00 a.m.	Training room opens
1:17 – 1:37 p.m.	Open Stretch
1:37 – 1:39 p.m.	Transition
1:39 – 1:56 p.m.	Warmup Rotation 1
1:56 – 1:58 p.m.	Transition
1:58 – 2:15 p.m.	Warmup Rotation 2
2:15 – 2:17 p.m.	Transition
2:17 – 2:34 p.m.	Warmup Rotation 3
2:34 – 2:36 p.m.	Transition
2:36 – 2:53 p.m.	Warmup Rotation 4
3:17 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
5:47 – 6:07 p.m.	Open Stretch
6:07 – 6:09 p.m.	Transition
6:09 – 6:26 p.m.	Warmup Rotation 1
6:26 – 6:28 p.m.	Transition
6:28 – 6:45 p.m.	Warmup Rotation 2
6:45 – 6:47 p.m.	Transition
6:47 – 7:04 p.m.	Warmup Rotation 3
7:04 – 7:06 p.m.	Transition
7:06 – 7:23 p.m.	Warmup Rotation 4
7:47 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	Individual Awards ceremony for IES/AA



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**Friday, April 18 – REST DAY**

**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 19 – CHAMPIONSHIP TEAM FINAL**

11:00 a.m.	Training room opens
12:30 p.m.	Brief coaches meeting
12:55 – 1:15 p.m.	Open Stretch
1:15 – 1:17 p.m.	Transition
1:17 – 1:32 p.m.	Warmup Rotation 1
1:32 – 1:34 p.m.	Transition
1:34 – 1:49 p.m.	Warmup Rotation 2
1:49 – 1:51 p.m.	Transition
1:51 – 2:06 p.m.	Warmup Rotation 3
2:06 – 2:08 p.m.	Transition
2:08 – 2:23 p.m.	Warmup Rotation 4
2:47 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	Team Awards Ceremony