



2025 National Collegiate Women's Gymnastics Regional Championships  
Schedule of Events

*Times subject to change.*

\*All times are LOCAL.

**Wednesday, April 2 / Thursday, April 3**

10:00 a.m.- 11 a.m.	Look-through for teams
10:55 a.m.	Training room opens
12:00 – 12:20 p.m.	Open Stretch
12:20 – 12:22 p.m.	Transition
12:22 – 12:37 p.m.	Warmup Rotation 1
12:37 – 12:39 p.m.	Transition
12:39 – 12:54 p.m.	Warmup Rotation 2
12:54 – 12:56 p.m.	Transition
12:56 – 1:11 p.m.	Warmup Rotation 3
1:11 – 1:13 p.m.	Transition
1:13 – 1:28 p.m.	Warmup Rotation 4
1:49 p.m.	March Ins/National Anthem
1:55 p.m.	Prepare for first event
1:58 p.m.	Touch warmup start
2:02 p.m.	Competition Starts
5 p.m.	Assigned times based on NQS for Look Throughs for teams & individuals participating in second round

**Thursday, April 3/ Friday, April 4**

9:48 a.m.	Training room opens
10:47 a.m. – 11:07 a.m.	Open Stretch
11:07 – 11:09 a.m.	Transition
11:09 – 11:26 a.m.	Warmup Rotation 1
11:26 – 11:28 a.m.	Transition
11:28 – 11:45 a.m.	Warmup Rotation 2
11:45 – 11:47 a.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
12:44 p.m.	March Ins/National Anthem
12:55 p.m.	Prepare for first event
12:57:30 p.m.	Touch warmup start
1:02 p.m.	Competition Starts for Session 1
4:47 – 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
6:06 – 6:23 p.m.	Warmup Rotation 4
6:44 p.m.	March Ins/National Anthem
6:55 p.m.	Prepare for first event
6:57:30 p.m.	Touch warmup start
7:02 p.m.	Competition Starts for Session 2



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**Friday, April 4 / Saturday, April 5**

**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 5 / Sunday, April 6**

1:55 p.m.	Training room opens
2:55 – 3:15 p.m.	Open Stretch
3:15 – 3:17 p.m.	Transition
3:17 – 3:32 p.m.	Warmup Rotation 1
3:32 – 3:34 p.m.	Transition
3:34 – 3:49 p.m.	Warmup Rotation 2
3:49 – 3:51 p.m.	Transition
3:51 – 4:06 p.m.	Warmup Rotation 3
4:06 – 4:08 p.m.	Transition
4:08 – 4:23 p.m.	Warmup Rotation 4
4:44 p.m.	March Ins/National Anthem
4:55 p.m.	Prepare for first event
4:58 p.m.	Touch warmup start
5:02 p.m.	Competition Starts for Regional Final