



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