

2010 Gymnastics State Meet Warm- Up and Competition Schedule

4:00- Gym Open for warm ups. All events are open.

5:00- Coaches Meeting

5:10- Timed warm-ups begin

Time	Vault	Bars	Beam	Floor
5:10-5:18	Walton	Ind Group 1*	Pope	Chattahoochee
5:18-5:26	Tift Co.	Ind Group 2*	Lassiter	Milton
5:26-5:34	Chattahoochee	Walton	Ind Group 1*	Pope
5:34-5:42	Milton	Tift Co.	Ind Group 2*	Lassiter
5:44-5:52	Pope	Chattahoochee	Walton	Ind Group 1*
5:52-6:00	Lassiter	Milton	Tift Co.	Ind Group 2*
6:00-6:08	Ind Group 1*	Pope	Chattahoochee	Walton
6:08-6:16	Ind Group 2*	Lassiter	Milton	Tift Co.

**Individual Qualifiers have 2 minutes each to warm up each event.*

Warm-up schedule and meet schedule will be the same.

There will be a 30 second touch warm up for each gymnast during the meet. The 30 seconds will begin as soon as the previous gymnast is finished with her routine.

Ind Group 1:

Kelsey Kopec (Alpharetta) AA,V,B,FX

Taylor Johns (Brantley County) BM

Okansa Casey (Dunwoody) B

Morgan Casanova (Kell) BM

Bekah Bennetts (Sequoyah) AA,V,B,FX

Marissa Villarreal (West Forsyth) V

Ind Group 2:

Blakely Kambria (Colquitt County) AA,V,FX

Sarah Lamkin (Forsyth Central) BM

Autumn Keller (Forsyth Central) FX

Chandler Ferguson (LaGrange) BM

Michelle Shealy (Providence Christian) AA,V,BM,FX

Sarah Grady (Westminster) BM

6:25- Coaches and Officials Meeting in the Hospitality Room

6:45- Processional, National Anthem, Welcome

7:00- Competition Begins