

2011 Gymnastics State Meet Warm- Up and Competition Schedule

4:00- Gym Open for warm ups and bar settings

5:00- Coaches Meeting

Time	Vault	Bars	Beam	Floor
5:10-5:18	Walton	Alpharetta	Kell	Ind Group 2*
5:19-5:27	Westminster	Milton	Ind Group 1*	Tift Co.
5:28-5:36	Ind Group 2*	Walton	Alpharetta	Kell
5:37-5:45	Tift Co.	Westminster	Milton	Ind Group 1*
5:46-5:54	Kell	Ind Group 2*	Walton	Alpharetta
5:55-6:03	Ind Group 1*	Tift Co.	Westminster	Milton
6:04-6:12	Alpharetta	Kell	Ind Group 2*	Walton
6:13-6:21	Milton	Ind Group 1*	Tift Co.	Westminster

**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:

*Alisha Rancone (Pope) AA,V,B,BB,FX
Candace Walton (Lassiter) AA,B,BB,FX
Meghan Merritt (Colquitt Co.) AA,BB,FX
Kimberlyn Wilson (Jones Co.) AA,V,B*

Ind Group 2:

*Sam Dance (Centennial) AA,V,BB,FX
Elizabeth Kadrach (Roswell) V
Casey Okansa (Dunwoody) B
Lauren Anderskow (West Forsyth) BB
Chandler Ferguson (LaGrange) BB*

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

6:45- Processional, National Anthem, Welcome

7:00- Competition Begins