

CONANT VARSITY GIRLS GYMNASTICS INVITE

December 13, 2014

Time Schedule:	Doors Open for Gymnasts:	9:00 a.m.
	Doors Open for Spectators:	10:30 a.m.
	Bar Settings & Stretching:	9:00 – 9:40 a.m.
	Timed Warm-Ups Begin:	9:45 a.m.
	Gymnasts clear the Floor:	11:27 a.m.
	Coaches Meeting:	11:30 a.m.
	March In:	11:45 a.m.
	Meet Begins:	12:00 p.m.

Warm-Up Rotation:

- Each team will have 8 minutes to warm-up on Bars & Beam.
- Your rotation group will warm-up together on Vault & Floor.

<u>Group A</u>	<u>Group B</u>	<u>Group C</u>	<u>Group D</u>
1 Hoffman Estates	4 Prospect	7 Carmel	10 Glenbard West
2 Deerfield	5 Wheaton Warr. S.	8 Geneva	11 Lincoln Way Coop
3 Conant	6 Warren	9 BYE	12 BYE

Warm-Up & Competition Order:

	<u>V</u>	<u>UB</u>	<u>BB</u>	<u>FX</u>
9:45 – 9:53	1	4	7	10
9:53 – 10:01	2	5	8	11
10:01 – 10:09	3	6	BYE	BYE
10:11 – 10:19	10	1	4	7
10:19 – 10:27	11	2	5	8
10:27 – 10:35	BYE	3	6	BYE
10:37 – 10:45	7	10	1	4
10:45 – 10:53	8	11	2	5
10:53 – 11:01	BYE	BYE	3	6
11:03 – 11:11	4	7	10	1
11:11 – 11:19	5	8	11	2
11:19 – 11:27	6	BYE	BYE	3

****Please let Conant know if you are having a gymnast compete who will be taking the ACT test. There will be an open Warm-Up for girls taking ACT, including the rotations with the "BYE's"*****

***Floor Music: Coaches, please be courteous when playing music. The volume indicator should not go past the tape mark.**