

Warm-up and Competition Rotation

	Vault	Uneven Bars	Balance Beam	Floor Exercise
7:30	Doors Open for Teams and Competitors			
8:00– 8:20	Stretching and Bars Settings			
8:21 – 8:33	Conant	Downers Grove S	Geneva	Mundelein
8:33 – 8:45	Oconomowoc	Fremd	Hersey	New Trier
8:45 – 8:57	Glenbard West	Glenbrook N	Lincolnway	Prairie Ridge
8:57 – 9:09	Mundelein	Conant	Downers Grove S	Geneva
9:09 – 9:21	New Trier	Oconomowoc	Fremd	Hersey
9:21 – 9:33	Prairie Ridge	Glenbard West	Glenbrook N	Lincolnway
9:33 – 9:45	Geneva	Mundelein	Conant	Downers Grove S
9:45 – 9:57	Hersey	New Trier	Oconomowoc	Fremd
9:57 – 10:09	Lincolnway	Prairie Ridge	Glenbard West	Glenbrook N
10:09 – 10:21	Downers Grove S	Geneva	Mundelein	Conant
10:21 – 10:33	Fremd	Hersey	New Trier	Oconomowoc
10:33 – 10:45	Glenbrook N	Lincolnway	Prairie Ridge	Glenbard West
10:45 – 10:55	Dress for competition			
10:55 – 11:00	Assemble for march-in and national anthem			
11:05	Competition Begins			