

Event	1st Rotation	2nd Rotation	3rd Rotation	4th Rotation
Vault	2 , 1	8 , 7	6 , 5	4 , 3
Bars	4 , 3	2 , 1	8 , 7	6 , 5
Beam	6 , 5	4 , 3	2 , 1	8 , 7
Floor	8 , 7	6 , 5	4 , 3	2 , 1

- ✓ No gymnast will be allowed on any equipment until the first warm up period begins except for a bar set.
- ✓ The competition will be **warm up/compete format** with a constant rotation to each event.
- ✓ Warm ups will be timed 1 ½ minutes per gymnast.
Vault- a maximum of 3 **runs** per gymnast will be allowed.
Bars- may be blocked by each team, 1 ½ minutes per gymnast.
Beam- “Bump” warm up, 1st 3 competitors warm up individually, then the following 3 competitors “bump” in between routines.
Floor- Team #8 has a 9 minute team warm up. Then each succeeding team will “bump” in their 1st 3 competitors between the competing team’s routines. They then get a 4 ½ minute team warm up prior to competing.
- ✓ After the teams compete they are to remain seated at their event and then move to their next event as a team to start warming up. All gymnasts are to remain together as a team and not wander all around the gym. Upon completion of their last event teams will remain at that event until competitors have completed the meet!
- ✓ Judges will be addressed by the teams prior to beginning competition on each event.

Saturday 9:00
~M DIVISION~

1. Woodstock Acad.
2. Wilton
3. Daniel Hand
4. Pomperaug
5. Farmington
6. Darien
7. New Milford
8. Fairfield Warde

Saturday 1:00
~S DIVISION~

1. Nonnewaug
2. RHAM
3. Killingly
4. Stonington
5. Valley Regional
6. Oxford
7. Jonathan Law
8. Foran

Saturday 5:00
~L DIVISION~

1. Glastonbury
2. Southington
3. Conard
4. Staples
5. Fairfield Ludlowe
6. Newtown
7. Trumbull
8. Greenwich