

2022 CENTRAL DISTRICT GYMNASTICS SCHEDULE

SESSION 1

<u>Flight 1</u>	<u>Vault</u> Big Walnut	<u>Bars</u> Dublin Scioto	<u>Beam</u> Central Crossing	<u>Floor</u> Tri-Valley Licking Valley
<u>Flight 2</u>	<u>Vault</u> Grove City	<u>Bars</u> Marysville Mechanicsburg	<u>Beam</u> Delaware Hayes	<u>Floor</u> Miami Trace Adena

Time Schedule:

8:00 – 8:15 am	Registration
8:20 am	Coaches meeting/Open stretch
8:45 – 9:00 am	Timed warm-ups (Flight 1)
9:00 am	Competition (Flight 1) / Timed warm-ups (Flight 2)
11:15 am	End of Session 1

Flights 1 & 2 will rotate between timed warm-ups and competition until all four events are completed. Rotations will be continuous and will follow Olympic order.

SESSION 2

<u>Flight 3</u>	<u>Vault</u> Hilliard Bradley	<u>Bars</u> Worthington Kilbourne	<u>Beam</u> Lancaster Logan	<u>Floor</u> Upper Arlington
<u>Flight 4</u>	<u>Vault</u> Hilliard Darby	<u>Bars</u> Dublin Coffman	<u>Beam</u> Thomas Worthington	<u>Floor</u> Olentangy

Time Schedule:

11:00 am – 11:15 am	Registration
11:20 am	Coaches meeting/Open stretch
11:40 am – 12:00 pm	Timed warm-ups (Flight 3)
12:00 pm	Competition (Flight 3) / Timed warm-ups (Flight 4)
2:15 pm	End Session 2

Flights 3 & 4 will rotate between timed warm-ups and competition until all four events are completed. Rotations will be continuous and will follow Olympic order.

SESSION 3

<u>Flight 5</u>	<u>Vault</u> Sheridan Elgin Marion Harding	<u>Bars</u> Olentangy Orange	<u>Beam</u> Westerville Central Tree of Life Christian	<u>Floor</u> Franklin Heights Hilliard Davidson
<u>Flight 6</u>	<u>Vault</u> Dublin Jerome	<u>Bars</u> Olentangy Berlin	<u>Beam</u> Buckeye Valley Washington	<u>Floor</u> Olentangy Liberty

2:00 pm – 2:15 pm	Registration
2:20 pm	Coaches meeting/Open stretch
2:40 pm – 3:00 pm	Timed warm-ups (Flight 5)
3:15 pm	Competition (Flight 5) / Timed warm-ups (Flight 6)
5:15 pm	End Session 2

Flights 5 & 6 will rotate between timed warm-ups and competition until all four events are completed. Rotations will be continuous and will follow Olympic order.

5:30 pm Awards