

2023 CENTRAL DISTRICT GYMNASTICS SCHEDULE

MORNING SESSION

Competition groups and rotation order for the first event:

<u>Flight 1</u>	<u>Vault</u> Franklin Heights	<u>Bars</u> Big Walnut	<u>Beam</u> Delaware Hayes	<u>Floor</u> Buckeye Valley
<u>Flight 2</u>	<u>Vault</u> Tri-Valley Heath Ridgewood	<u>Bars</u> Dublin Scioto Mechanicsburg	<u>Beam</u> Central Crossing	<u>Floor</u> Grove City
<u>Flight 3</u>	<u>Vault</u> Hilliard Davidson	<u>Bars</u> Lancaster Logan	<u>Beam</u> Worthington Kilbourne	<u>Floor</u> Westerville Central Tree of Life Christian Westerville South

Time Schedule:

8:00 – 8:30 am	Registration
8:35 a.m.	Coaches meeting
8:35 – 8:55 a.m.	General stretching/bar settings
9:00 – 9:15 a.m.	Timed warm-ups (Flight 1)
9:15 a.m.	Competition (Flight 1)
	Timed warm-ups (Flight 2)
	Bye (Flight 3)

Flights 1, 2 and 3 will continue to rotate between timed warm-ups, competition and a bye until all four events are completed. Olympic order will be followed.

1:00 p.m.	Processional for all schools
5:45 – 6:30 p.m.	Awards

AFTERNOON SESSION

Competition groups and rotation order for the first event:

<u>Flight 4</u>	<u>Vault</u> Hilliard Bradley	<u>Bars</u> Dublin Coffman	<u>Beam</u> Olentangy	<u>Floor</u> Thomas Worthington
<u>Flight 5</u>	<u>Vault</u> Olentangy Liberty Marion Harding	<u>Bars</u> Olentangy Orange	<u>Beam</u> Sheridan Watkins Memorial	<u>Floor</u> Upper Arlington
<u>Flight 6</u>	<u>Vault</u> Olentangy Berlin	<u>Bars</u> Dublin Jerome	<u>Beam</u> Hilliard Darby	<u>Floor</u> Marysville

Time Schedule:

12:00 – 12:30 p.m.	Registration
12:35 p.m.	Coaches meeting
12:35 – 12:55 p.m.	General warm-ups/bar settings
1:00 p.m.	Processional for all schools
1:30 – 1:45 p.m.	Timed warm-ups (Flight 4)
1:45 p.m.	Competition (Flight 4)
	Timed warm-ups (Flight 5)
	Bye (Flight 6)

Flights 4, 5 and 6 will continue to rotate between timed warm-ups, competition and a bye until all four events are completed. Olympic order will be followed.

5:45 – 6:30 p.m.	Awards
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