2A/3A - District I/II Gymnastics Championships

Ballard High School│1418 NW 65th St Seattle, WA 98117

Saturday, February 17th, 2024

**Session #1: Individuals (4 groups)**

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| 10:00 | Stretching, Coaches Meeting (aux gym) |
| 10:15 | Timed Warm-Ups (15 minutes each event – main gym) |
| 11:15 | Gymnasts Prepare for March – In |
| 11:30 | March – In and Introductions |
| 11:35-12:55 | Competition |

**Session #2: Individuals (1 group) & Teams (4)**

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| 12:45 | Stretching, Coaches Meeting (aux gym) |
| 1:00 | Timed Warm-Ups (15 minutes each event – main gym) |
| 2:15 | Gymnasts Prepare for March – In |
| 2:30 | March – In and Introductions |
| 2:35-4:15 | Competition |

**Session #3: Individuals (1 group) & Teams (4)**

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| 4:00 | Stretching, Coaches Meeting (aux gym) |
| 4:15 | Timed Warm-Ups (15 minutes each event – main gym) |
| 5:30 | Gymnasts Prepare for March – In |
| 5:45 | March – In and Introductions |
| 5:50-7:30 | Competition |

**Awards immediately following Session #3, ~7:30pm**

**Allocations to Districts**

KingCo: 4 teams, 5 AA, 14 individuals

Metro: 3 teams, 3 AA, 10 individuals

District I: 1 team, 1 AA, 2 individuals

**Allocations to State**

3 teams, 4 AA, 13 individuals