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

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

Saturday, February 17, 2024

**Session #1**

***Warm up***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10:00-10:15 | **Open Stretching** | | | |
|  | **Vault** | **Bars** | **Beam** | **Floor** |
| 10:15-10:30 | Holy Names, West Seattle | Liberty & Lindberg | THE & Interlake | Mercer Island, Shorewood/crest |
| 10:30-10:45 | Mercer Island, Shorewood/crest | Holy Names, West Seattle | Liberty & Lindberg | THE & Interlake |
| 10:45-11:00 | THE & Interlake | Mercer Island, Shorewood/crest | Holy Names, West Seattle | Liberty & Lindberg |
| 11:00-11:15 | Liberty & Lindberg | THE & Interlake | Mercer Island, Shorewood/crest | Holy Names, West Seattle |
| 11:15 | Prepare for March In | | | |

***Competition***

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| --- | --- | --- | --- | --- |
| **March In – 11:30** | | | | |
|  | **Vault** | **Bars** | **Beam** | **Floor** |
| Rotation 1 | Liberty & Lindberg | THE & Interlake | Mercer Island, Shorewood/crest | Holy Names, West Seattle |
| Rotation 2 | Holy Names, West Seattle | Liberty & Lindberg | THE & Interlake | Mercer Island, Shorewood/crest |
| Rotation 3 | Mercer Island, Shorewood/crest | Holy Names, West Seattle | Liberty & Lindberg | THE & Interlake |
| Rotation 4 | THE & Interlake | Mercer Island, Shorewood/crest | Holy Names, West Seattle | Liberty & Lindberg |

**Session #2**

***Warm up***

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| 12:45-1:00 | **Open Stretching** | | | | |
|  | **Vault** | **Bars** | **Beam** | **Floor** | **Bye** |
| 1:00-1:15 | Bellevue & Chief Seatlh | Juanita | Ingraham | Snohomish | Hazen |
| 1:15-1:30 | Hazen | Bellevue & Chief Seatlh | Juanita | Ingraham | Snohomish |
| 1:30-1:45 | Snohomish | Hazen | Bellevue & Chief Seatlh | Juanita | Ingraham |
| 1:45-2:00 | Ingraham | Snohomish | Hazen | Bellevue & Chief Seatlh | Juanita |
| 2:00-2:15 | Juanita | Ingraham | Snohomish | Hazen | Bellevue & Chief Seatlh |
| 2:15 | Prepare for March In | | | | |

***Competition***

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| --- | --- | --- | --- | --- | --- |
| **March In – 2:30** | | | | | |
|  | **Vault** | **Bars** | **Beam** | **Floor** | **Bye** |
| Rotation 1 | Juanita | Ingraham | Snohomish | Hazen | Bellevue & Chief Seatlh |
| Rotation 2 | Bellevue & Chief Seatlh | Juanita | Ingraham | Snohomish | Hazen |
| Rotation 3 | Hazen | Bellevue & Chief Seatlh | Juanita | Ingraham | Snohomish |
| Rotation 4 | Snohomish | Hazen | Bellevue & Chief Seatlh | Juanita | Ingraham |
| Rotation 5 | Ingraham | Snohomish | Hazen | Bellevue & Chief Seatlh | Juanita |

**Session #3**

***Warm up***

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| --- | --- | --- | --- | --- | --- |
| 4:00-4:15 | **Open Stretching** | | | | |
|  | **Vault** | **Bars** | **Beam** | **Floor** | **Bye** |
| 4:15-4:30 | Roosevelt | Lincoln & Nathan Hale | Lake Washington | Sammamish | Ballard |
| 4:30-4:45 | Ballard | Roosevelt | Lincoln & Nathan Hale | Lake Washington | Sammamish |
| 4:45-5:00 | Sammamish | Ballard | Roosevelt | Lincoln & Nathan Hale | Lake Washington |
| 5:00-5:15 | Lake Washington | Sammamish | Ballard | Roosevelt | Lincoln & Nathan Hale |
| 5:15-5:30 | Lincoln & Nathan Hale | Lake Washington | Sammamish | Ballard | Roosevelt |
| 5:30 | Prepare for March In | | | | |

***Competition***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **March In – 5:45** | | | | | |
|  | **Vault** | **Bars** | **Beam** | **Floor** | **Bye** |
| Rotation 1 | Lincoln & Nathan Hale | Lake Washington | Sammamish | Ballard | Roosevelt |
| Rotation 2 | Roosevelt | Lincoln & Nathan Hale | Lake Washington | Sammamish | Ballard |
| Rotation 3 | Ballard | Roosevelt | Lincoln & Nathan Hale | Lake Washington | Sammamish |
| Rotation 4 | Sammamish | Ballard | Roosevelt | Lincoln & Nathan Hale | Lake Washington |
| Rotation 5 | Lake Washington | Sammamish | Ballard | Roosevelt | Lincoln & Nathan Hale |

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

**Allocations to State:**

3 teams, 4AAs, 13 individuals