Maryland Gymfest TeamGym Competition
2012 - Year of the Leap

Session 1 **Levels 2 &4**

8:00 Athlete Arrival and Stretch
8:15 Coaches Meeting

8:30-9:15 Timed Warm-ups 4 min/rotation

	Vault	Mini	Floor
8:30	A	B	C
8:34	D	E	A
8:38	B	C	D
8:42	E	A	B
8:46	C	D	E
8:50	END		

8:50-9:00 Level 2 Streaming X-Tumbling
9:00-9:10 Level 4 Streaming X-Tumbling

9:20 - 10:20 **COMPETITION Levels 2 & 4**

ALL JUMP & TUMBLE **followed by** **FLOOR**

10:20-11:30 **Brunch Break/Gymfest Warm-up - 15 minutes per team**
11:15 **(All Teams/Squads) Prepare for MARCH IN, Introduction of Teams, National Anthem**

11:30 **March in, Gymfest Performances**
AWARDS for Session 1

Session 2 **Levels 3 & 5**

12:00-12:30 Stretch for Session 2 Athletes
12:15 Coaches Meeting
12:30-1:20 Timed Warm-ups 4 minutes per rotation

	Vault	Mini	Floor
12:30	A	B	C
12:34	D	E	F
12:38	G	A	B
12:42	C	D	E
12:46	F	G	A
12:50	B	C	D
12:54	E	F	G
12:58	END		

1:00-1:10 Level 3 Streaming X-Tumbling
1:10-1:20 Level 5 Streaming X-Tumbling

1:30-2:30 **COMPETITION Levels 3/4**

ALL JUMP AND TUMBLE **followed by** **FLOOR**

2:45 **AWARDS for Session 2**