SAMMAMISH HIGH SCHOOL

**SATURDAY**

### FEBRUARY 11, 2011

# 3A

## **DISTRICT 1and 2 3A Gymnastic Championships**

2:00-2:30 Session 1 Stretching, Music, Beam and Bar Settings

2:30-3:30 Session 1 Timed Warm-up (4 groups of Individuals)

3:30-3:45 Session 1 Gymnasts Prepare for March-In

3:45-3:55 Session 1 March-in and Introductions

3:55-5:15 Session 1 Individual Competition

4:15-4:45 Session 2 Stretching, Music, Beam and Bar Settings

4:45-6:00 Session 2 Timed Warm up (5 Teams)

6:00-6:15 Session 2 Gymnasts Prepare for March-In

6:15-6:25 Session 2 March-in and Introductions

6:25-8:00 Session 2 Team Competition (5 Teams)

8:00-8:30 Session 2 Team and Individual Awards

**COMPETITION ORDER TO BE DETERMINED BY DRAW**

**Disrict Allotments**

**2 Kingco Teams**

**2 Metro team**

**1 District 1 team**

**All-Around Individuals**

**3 Kingco 8 Kingco**

**2 Metro 6 Metro**

**3 District 1 6 District 1**

**STATE ALLOTMENTS**

**TEAM 3**

**ALL AROUND 4**

**INDIVIDUAL 12**