3A - Gymnastics District Championships

Mount Si High School │ 8651 Meadowbrook Way SE Snoqualmie, WA 98065

Saturday, February 15, 2014

**3A – Session #1: Individuals**

|  |  |
| --- | --- |
| 9:00 | Stretching, Music, Beam and Bar Settings, Coaches Meeting |
| 9:30 | Timed Warm-Ups |
| 10:30 | Gymnasts Prepare for March – In |
| 10:45 | March – In and Introductions |
| 10:55 | Competitions |

**3A – Session #2: Teams**

|  |  |
| --- | --- |
| 11:00 | Stretching, Music, Beam and Bar Settings, Coaches Meeting |
| 11:30 | Timed Warm-Ups |
| 12:45 | Gymnasts Prepare for March – In |
| 1:00 | March – In and Introductions |
| 1:10 | Competition |

**2:40 – 3A Awards**

Allotments: League Championships to Districts

|  |  |  |
| --- | --- | --- |
| **Teams** | **All-Around** | **Individuals** |
| KingCo – 2 | KingCo – 3 | KingCo – 8 |
| Metro – 2 | Metro – 2 | Metro – 6 |
| District #1 - 1 | District #1 - 3 | District #1 - 6 |

Allotments: Districts to State

**Teams**: 3

**All-Around**: 5

**Individuals**: 13

4A - Gymnastics District Championships

Mount Si High School │ 8651 Meadowbrook Way SE Snoqualmie, WA 98065

Saturday, February 15, 2014

**4A – Session #3: Individuals**

|  |  |
| --- | --- |
| 1:30 | Stretching, Music, Beam and Bar Settings, Coaching Meeting |
| 2:00 | Timed Warm-Ups |
| 3:00 | Gymnasts Prepare for March – In |
| 3:15 | March – In and Introductions |
| 3:25 | Competition |

**4A – Session #4: Teams**

|  |  |
| --- | --- |
| 3:30 | Stretching, Music, Beam and Bar Settings, Coaches meeting |
| 4:00 | Timed Warm-Ups |
| 5:00 | Gymnasts Prepare for March – In |
| 5:15 | March – In and Introductions |
| 5:20 | Competition |

**6:45 – 4A Awards**

Allotments: League Championships to Districts

|  |  |  |
| --- | --- | --- |
| **Teams** | **All-Around** | **Individuals** |
| District #2 – 3 | District #2 – 4 | District #2 – 12  |
| District #4 – 1  | District #4 – 2  | District #4 – 6  |

Allotments: Districts to State Championships

**Teams**: 2

**All-Around**: 3

**Individuals**: 8