

Warm-Up Schedule

Mid-Atlantic Invitational

Host: Preston Gymnastics Academy

Session 3 Level: 9,10

Date: March 03, 2006

Open Warm-Up:

Timed Warm-Up: 5:00 PM

March In: 6:00 PM

Warmup Time per Event: 10 minutes.

Team	Level	Gymnasts	Begin Warmup	Begin Meet	Queue	March In
Capital	9	2	Pommel	Floor	1	
Docksiders	9	2			1	
Preston	10	4			1	
Barlows	10	1	rings	Pommel	1	
Hanover YMCA	10	4			1	
Hanover YMCA	9	2			1	
ASAP	10	1	Vault	rings	1	
Fairland	10	3			1	
Gym Quest	10	2			1	
Maryland State	10	1			1	
Maryland State	9	1			1	
Top Flight	10	3	PBars	Vault	1	
Top Flight	9	4			1	
Fairland	9	1	H Bar	PBars	1	
KMC	10	3			1	
KMC	9	3			1	
Rebounders	10	3	Floor	H Bar	1	
United	10	2			1	
United	9	2			1	

Rotations will follow Olympic Event Order