

Warm-Up Schedule

Mid-Atlantic Invitational

Host: Preston Gymnastics Academy

Session 5 Level: 5

Date: March 04, 2006

Open Warm-Up:

Timed Warm-Up: 1:00 PM

March In: 12:00 PM

Warmup Time per Event: 10 minutes.

Team	Level	Gymnasts	Begin Warmup	Begin Meet	Queue	March In
Columbia	5	2	Floor	H Bar	1	
Hanover YMCA	5	6			1	
Rebounders	5	3			1	
Preston Team 1	5	4	Pommel	Floor	1	
KMC	5	7			2	
Capital Team 1	5	5	rings	Pommel	1	
Docksiders	5	6			1	
Capital Team 2	5	7	Vault	rings	1	
Top Flight	5	4			1	
Gym Quest	5	7	PBars	Vault	1	
Preston Team 2	5	3			1	
Twisters	5	2			1	
ASAP	5	4	H Bar	PBars	1	
Classics	5	1			1	
United	5	6			1	

Rotations will follow Olympic Event Order