

2016-17 Gymnastics State Meet Information

DATE: Saturday, February 11, 2017

SITE: Pinkerton Academy

****In the event of a postponement, the makeup date will be Sunday, February 12, 2017. The event schedule will remain the same.*

- **Morning Session – 10:00 a.m.**

Teams Arrive/Athletic Trainer Arrival – 8:45 a.m.

Teams begin stretching – 9:00 a.m.

Coaches' Meeting – 9:15 a.m. – Hospitality Room

Timed Warm Up for First Rotation – 9:30 a.m.

Teams march into gym – 9:45 a.m.

Meet begins – 10:00 a.m.

- **Afternoon Session 1:00 p.m.**

Teams in the afternoon session should arrive no earlier than 11:45 a.m.

Teams begin stretching – 12:00 p.m.

Coaches' Meeting – 12:15 p.m. – Hospitality Room

Timed Warm Up for First Rotation – 12:30 p.m.

Teams march into gym – 12:45 p.m.

Meet begins – 1:00 p.m.

The Awards Ceremony will follow the afternoon session.

Meet will be run Capitol Cup style, with each group of independents and then teams warming up and then competing.

Though there will still be a long wait between events the Committee feels it will benefit the gymnast to warm-up and compete.

Rotations will continue in Olympic order from where you begin. It is the coaches' responsibility to be ready to warm-up when the team or independents ahead of you are competing.

If you wish to bring your own spring board be sure that it is properly labeled and left at the event in which it will be used.

Trainer will be on duty during stretching. You must supply your own tape!!!

**Only coaches and team members listed on the roster will be allowed in competition area!!!
No exceptions.**

All music must be provided on iPods, phones, MP3, or anything through an auxiliary cord; there is no CD/cassette player available.

No one should approach the head table during the meet. Prior to meet you can give changes to scorers. Please see Meet Director, Brian O'Reilly, Athletic Director, Pinkerton Academy, for any problems.

If there are any scheduling necessities due to shared coaches please e-mail Haven Milton ASAP at havennhsc@aol.com or rotations will be done strictly by numbers. Teams will be seeded by the average of their top three (3) scores and will rotate in Olympic order. Rotations will be posted on the NHIAA website under "Tournament Info" the Wednesday prior to the state meet.