

2024-25 Gymnastics State Meet Information



DATE: Saturday, February 15, 2025

SITE: A2 Gym & Cheer

****In the event of a postponement, the makeup date will be Sunday, February 16, 2025. The event schedule will remain the same.*

Morning Session – 9:00 a.m.

Teams Arrive/Athletic Trainer Arrival – 8:00 a.m.

Teams begin stretching – 8:15 a.m.

Coaches' Meeting – 8:15 a.m - Coaches Room

Timed Warm Up for First Rotation – 8:30 a.m.

Teams march into gym – 8:45 a.m.

Meet begins – 9:00 a.m.

Afternoon Session 12:30 p.m.

Due to the anticipated inclement weather, if teams are ready prior to the official start time, the afternoon session will start earlier.

Teams Arrive/Athletic Trainer Arrival – 11:30 a.m.

Teams begin stretching – 11:45 a.m.

Coaches' Meeting – 11:45 a.m. – Coaches Room

Timed Warm Up for First Rotation – 12:00 p.m.

Teams march into gym – 12:15 p.m.

Meet begins – 12:30 p.m.

The Awards Ceremony will follow the afternoon session.

- Only competing athletes and alternates may attend free of charge. Each school is allowed a maximum of 12 competitors (as well as a maximum of 10 athletes in the event area)
- Meet will be run Capitol Cup style, with each group of independents and then teams warming up and then competing.
- 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!!!
- All music must be provided on iPods, phones, MP3, or anything through an auxiliary chord; there is no CD/cassette player available. It is the coach's responsibility to ensure their device has all the necessary accessories compatible for their music.
- No one should approach the head table during the meet. Prior to the meet you can give changes to the scorers table. Please see Meet Director for any problems.
- 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.
- We will be pit vaulting. We are going to make the pit surface more firm by adding plywood under the Resi mat.
- There will be concessions. Please refrain from bringing anything but water into the gym.
- No balloons allowed at the facility.

Parking

Buses can park in circle.

Please encourage parents and spectators to park in the parking lot or along the sides of the road.

Warm-Up Information

Both sessions are modified Capital Cup. Flight A will be event and AA qualifiers, and Flight B will be Teams and will rotate in these groups.

Vault: 2 min per gymnast block time.

Bars: 2 min per gymnast block time with only one stopping of time to change bar settings if needed

Beam: 1:30 per gymnast block time on warm-up beam and then a 30 second bump touch on the competition beam in comp order

Floor: bump touch in between floor routines

With only five (5) or six (6) gymnasts in each flight, you need to be ready to go right after you are done your event. The timers are going to give you a warning and then start your time so be ready.

As this is all by qualification, we are no longer moving gymnasts to the other session, so plan accordingly. Some gymnasts will be in both sessions as they qualified in the top half in some events and bottom half in others. Please remember that this is new to all of us so be patient as we work through it.