

2012 MHSAA Gymnastics Team Finals

Friday, March 9, 2012

Grand Rapids Kenowa Hills High School

12:00 Check in, bar setting, music testing, stretching.

12:45-1:00 Judge's meeting

1:00-1:20 Open tumbling on the competitive spring floor for the teams competing floor before the break: **Canton, Canton Salem, Forest Hills, Grand Ledge, Freeland, Brighton.**

1:15-1:30 Coaches meeting in the hall out the doors by the announcer's table (Please make certain that if your athletes are tumbling, you have a coach present on the floor and just send one coach to this meeting)

1:20 Dress in uniform and line up in the hall "behind" the floor exercise.

1:30-1:40 Grand March-in and National Anthem

1:40-1st rotation warms up in the warm-up gym

Rotation	Warm-Up	Vault	Bars	Beam	Floor	Compete
1	1:40	Kenowa Hills-Grandville	Farmington	Grand Ledge	Canton	2:00
2	2:00	Athens/Avondale	Howell	Freeland	Canton Salem	2:20
3	2:20	Grosse Pointe South	Highland-Milford	Brighton	Forest Hills	2:40
4	2:40	Canton	Kenowa Hills-Grandville	Farmington	Grand Ledge	3:00
5	3:00	Canton Salem	Athens/Avondale	Howell	Freeland	3:20
6	3:20	Forest Hills	Grosse Pointe South	Highland-Milford	Brighton	3:40
<p>At the conclusion of round 7, we will have a 40 minute break, including a 20-minute competitive spring floor testing opportunity for the teams who compete floor after the break: Farmington, Howell, Highland-Milford, Kenowa Hills-Grandville, Athens/Avondale, and Grosse Pointe South, followed by a 20-minute warm-up in the warm-up gym for the teams in rotation 7.</p>						
7	4:20	Grand Ledge	Canton	Kenowa Hills-Grandville	Farmington	4:40
8	4:40	Freeland	Canton Salem	Athens/Avondale	Howell	5:00
9	5:00	Brighton	Forest Hills	Grosse Pointe South	Highland-Milford	5:20
10	5:20	Farmington	Grand Ledge	Canton	Kenowa Hills-Grandville	5:40
11	5:40	Howell	Freeland	Canton Salem	Athens/Avondale	6:00
12	6:00	Highland-Milford	Brighton	Forest Hills	Grosse Pointe South	6:20