5A STATE GYMNASTICS TIME SCHEDULE
@ DENVER COLISEUM

FRIDAY (5A) PRELIMINARY SESSION

8:00 am	Registration/Check-In
8:15 am	Coaches Meeting
8:30 am	Judges Meeting
8:45-9:15 am	Open Gym
9:20 am	Opening Ceremonies – Introduction of teams, presentation of colors
9:30 am	1st Timed Warm-Up (8 minutes)
9:40 am	Competition Begins
3:30 pm	Announcement of Finalists

	VAULT	BEAM	UNEVENS	FLOOR
Rotation 1	Thornton	Group B	Group A	Lakewood
	Arvada West	PSD	Ponderosa	Cherry Creek
	Mountain Range	Overland	Rock Canyon	Broomfield
Rotation 2	Lakewood	Thornton	Group B	Group A
	Cherry Creek	Arvada West	PSD	Ponderosa
	Broomfield	Mountain Range	Overland	Rock Canyon
20–MINUTE BREAK				
Rotation 3	Group A	Lakewood	Thornton	Group B
	Ponderosa	Cherry Creek	Arvada West	PSD
	Rock Canyon	Broomfield	Mountain Range	Overland
Rotation 4	Group B	Group A	Lakewood	Thornton
	PSD	Ponderosa	Cherry Creek	Arvada West
	Overland	Rock Canyon	Broomfield	Mountain Range

**NOTE: There will be a 2 minute wait period prior to starting each Vault warm up*

Team Rotations

1.	Thornton	5.	Arvada West	9.	Mountain Range
2.	Group B	6.	PSD	10.	Overland
3.	Group A	7.	Ponderosa	11.	Rock Canyon
4.	Lakewood	8.	Cherry Creek	12.	Broomfield

Group A	**Group B**
Chatfield	Denver South
Valor Christian	Columbine
Northfield	Pueblo Central
	Heritage
	Denver East

*NOTE: Groups A & B - Teams must compete in team order established by seeding committee, individual order of gymnasts within the team is chosen by coach

4A & 5A FINALS

9:00 am – Team gate opens
9:30-9:45 am Open warm-up
9:45-10:15 First two events warm-up
Awards at completion of events
10:15-10:45 Last two events warm-up
11:00 March-in and competition begins

CLASS 5A
GROUP A – Team Rotation #1

Unevens Competitors
Harriet Arnold – Chatfield
Aubrey Oman – Chatfield

Cate Wheeler – Valor Christian
Helen Gram – Valor Christian

Sierra Davis – Northfield
LJ Dugan - Northfield

Floor Competitors
Harriet Arnold – Chatfield
Kayla Hegedus – Chatfield
Miya White – Chatfield
Samara Sanchez – Chatfield

Cate Wheeler – Valor Christian

Sophie Sukigara – Northfield

Vault Competitors
Harriet Arnold – Chatfield
Nai'a Daniels – Chatfield

Helen Gram – Valor Christian
Hadley Harper – Valor Christian

Sophie Sukigara – Northfield

Beam Competitors
Nai'a Daniels – Chatfield
Harriet Arnold – Chatfield
Adalynn Ingram – Chatfield

Helen Gram – Valor Christian
Cate Wheeler – Valor Christian

Violet Montero – Northfield

CLASS 5A
GROUP B – Team Rotation #4

Beam Competitors
Ellie Pexton – Denver South

Paityn Floyd – Columbine

Karlee Knabenshoe – Pueblo Central

Addie Fortin – Heritage

Harper Henrikson – Denver East
Evie Moon – Denver East

Unevens Competitors
Karlee Knabenshoe – Pueblo Central
Harper Baxter – Pueblo Central

Mackenzie Melchi – Heritage
Addie Fortin – Heritage

Emilie Harrison – Denver East
Ali Steinburg – Denver East

Floor Competitors
Ellie Pexton – Denver South

Karlee Knabenshoe – Pueblo Central
Blake Peterson – Pueblo Central
Harper Baxter – Pueblo Central

Hailey Hanson – Denver East
Evie Moon – Denver East

Vault Competitors
Ellie Pexton – Denver South
Lily Weiser – Denver South
Isa Casillas-Rodrigus – Denver South

Karlee Knahenshoe – Pueblo Central
Blake Peterson – Pueblo Central

Gen Urick – Heritage
Guin Urick - Heritage