

## 2018 Regional Time Schedule

### Optional 1, 2B

7:30 - 7:50  
8:00  
8:00 - 8:30  
8:30 - 9:40  
9:40 - 9:55  
9:55 - 1:30  
1:45 - 2:15

### Schedule

Coaches Meeting  
Gymnasts Arrive  
Open Gym/Bar Sets  
Timed Warm Ups  
March In  
Competition  
Awards

### Optional 2A, 3, 4, 5

As Needed  
2:00  
2:30 - 3:00  
3:00 - 4:10  
4:10 - 4:25  
4:25 - 8:00  
8:15 - 9:00

### Comp 3

7:30 - 7:50  
8:00  
8:00 - 8:30  
8:30 - 9:50  
9:50 - 10:00  
10:00 - 1:15  
1:30 - 2:30

### Schedule

Coaches Meeting  
Gymnasts Arrive  
Open Gym/Bar Sets  
Timed Warm Ups  
March In  
Competition  
Awards

### Comp 4

As Needed  
2:00  
2:30 - 3:00  
3:00 - 4:00  
4:00 - 4:15  
4:15 - 7:15  
7:30 - 8:15