

Event	1st Rotation	2nd Rotation	3rd Rotation	4th Rotation
Vault	2 , 1	8 , 7	6 , 5	4 , 3
Bars	4 , 3	2 , 1	8 , 7	6 , 5
Beam	6 , 5	4 , 3	2 , 1	8 , 7
Floor	8 , 7	6 , 5	4 , 3	2 , 1

- ✓ No gymnast will be allowed on any equipment until the first warm up period begins except for a bar set.
- ✓ The competition will be **warm up/compete format** with a constant rotation to each event.
- ✓ Warm ups will be timed 1 ½ minutes per gymnast.
Vault- a maximum of 3 **runs** per gymnast will be allowed.
Bars- may be blocked by each team, 1 ½ minutes per gymnast.
Beam- “Bump” warm up, 1st 3 competitors warm up individually, then the following 3 competitors “bump” in between routines.
Floor- Team #8 has a 9 minute team warm up. Then each succeeding team will “bump” in their 1st 3 competitors between the competing team’s routines. They then get a 4 ½ minute team warm up prior to competing.
- ✓ After the teams compete they are to remain seated at their event and then move to their next event as a team to start warming up. All gymnasts are to remain together as a team and not wander all around the gym. Upon completion of their last event teams will remain at that event until competitors have completed the meet!
- ✓ Judges will be addressed by the teams prior to beginning competition on each event.

Saturday 9:00
~L DIVISION~

1. Glastonbury
2. Southington
3. Fairfield Ludlowe
4. Trumbull
5. Newtown
6. Staples
7. Greenwich
8. Hall

Saturday 1:00
~M DIVISION~

1. Wilton
2. Daniel Hand
3. Conard
4. Farmington
5. New Milford
6. Darien
7. Fairfield Warde
8. Pomperaug

Saturday 5:00
~S DIVISION~

1. Woodstock Acad.
2. Nonnewaug
3. Stonington
4. Valley Regional
5. Jonathan Law
6. Foran
7. Wethersfield
8. RHAM

CIAC Gymnastics State Records

Vault	9.9	Jeanna Bradle, New Milford	2006
Bars	9.85	Kasey Fillmore, Killingly	2007
Beam	9.8	Kasey Fillmore, Killingly	2004
Floor	9.775	Yvette Miranda, Southington	2007
All Around	38.825	Kasey Fillmore, Killingly	2007
Team	151.523	Southington	2005

Note: Individual records and awards are now only awarded at the Open