

4A NPSL/SPSL Sub-District Gymnastic Meet
February 9, 2019

Please note: Times are approximate

			<i>Bulk Warm up 12 Minutes</i>	<i>Bulk Warm up 12 Minutes</i>	<i>Warm up between gymnast</i>	<i>Warm up between gymnast</i>	
4A SPSL	Start	End	BYE	Vault	Bars	Beam	Floor
Stretch / Tumble	8:00	8:30					
March In Prep.	8:40	8:50					
March In	8:50	9:00					
Round 1	9:00	9:25	Puyallup	Sumner	Emerald Ridge	Olympia	Rogers
Round 2	9:25	9:50	Rogers	Puyallup	Sumner	Emerald Ridge	Olympia
Round 3	9:50	10:15	Olympia	Rogers	Puyallup	Sumner	Emerald Ridge
Round 4	10:15	10:35	Emerald Ridge	Olympia	Rogers	Puyallup	Sumner
Round 5	10:35	11:00	Sumner	Emerald Ridge	Olympia	Rogers	Puyallup
SPSL AWARDS							

			<i>Bulk Warm up 12 Minutes</i>		<i>Bulk Warm up 12 Minutes</i>		<i>Warm up between gymnast</i>		<i>Warm up between gymnast</i>	
4A NPSL CASCADE	Start	End	BYE	Vault	BYE	Bars	BYE	Beam	BYE	Floor
Stretch / Tumble	11:20	11:50								
March In Prep.	11:55	12:05								
March In	12:05	12:15								
Round 1	12:15	12:40	Kent Meridian	Tahoma	Kennedy Catholic	Kentridge	Mount Rainier	Kentlake	Kentwood	Hazen
Round 2	12:40	1:05	Hazen	Kent Meridian	Tahoma	Kennedy Catholic	Kentridge	Mount Rainier	Kentlake	Kentwood
Round 3	1:05	1:30	Kentwood	Hazen	Kent Meridian	Tahoma	Kennedy Catholic	Kentridge	Mount Rainier	Kentlake
Round 4	1:30	1:55	Kentlake	Kentwood	Hazen	Kent Meridian	Tahoma	Kennedy Catholic	Kentridge	Mount Rainier
Round 5	1:55	2:20	Mount Rainier	Kentlake	Kentwood	Hazen	Kent Meridian	Tahoma	Kennedy Catholic	Kentridge
Round 6	2:20	2:45	Kentridge	Mount Rainier	Kentlake	Kentwood	Hazen	Kent Meridian	Tahoma	Kennedy Catholic
Round 7	2:45	3:10	Kennedy Catholic	Kentridge	Mount Rainier	Kentlake	Kentwood	Hazen	Kent Meridian	Tahoma
Round 8	3:10	3:35	Tahoma	Kennedy Catholic	Kentridge	Mount Rainier	Kentlake	Kentwood	Hazen	Kent Meridian

4A NPSL OLYMPIC	Start	End	BYE	Vault	BYE	Bars	BYE	Beam	BYE	Floor
Stretch / Tumble	3:45	4:15								
March In Prep.	4:15	4:25								
March In	4:25	4:35								
Round 1	4:35	5:00	Auburn MV	Auburn	Thomas Jefferson	Enumclaw	Todd Beamer	Auburn Riverside	Decatur	Federal Way
Round 2	5:00	5:25	Federal Way	Auburn MV	Auburn	Thomas Jefferson	Enumclaw	Todd Beamer	Auburn Riverside	Decatur
Round 3	5:25	5:50	Decatur	Federal Way	Auburn MV	Auburn	Thomas Jefferson	Enumclaw	Todd Beamer	Auburn Riverside
Round 4	5:50	6:15	Auburn Riverside	Decatur	Federal Way	Auburn MV	Auburn	Thomas Jefferson	Enumclaw	Todd Beamer
Round 5	6:15	6:40	Todd Beamer	Auburn Riverside	Decatur	Federal Way	Auburn MV	Auburn	Thomas Jefferson	Enumclaw
Round 6	6:40	7:05	Enumclaw	Todd Beamer	Auburn Riverside	Decatur	Federal Way	Auburn MV	Auburn	Thomas Jefferson
Round 7	7:05	7:30	Thomas Jefferson	Enumclaw	Todd Beamer	Auburn Riverside	Decatur	Federal Way	Auburn MV	Auburn
Round 8	7:30	7:55	Auburn	Thomas Jefferson	Enumclaw	Todd Beamer	Auburn Riverside	Decatur	Federal Way	Auburn MV

NPSL AWARDS AFTER GYM CLEAN UP