

2A/3A - SeaKing District Gymnastics Championships

Ballard High School | 1418 NW 65th St Seattle, WA 98117

Saturday, February 19th, 2022

Session #1: Individuals (4 groups)

10:00	Stretching, Coaches Meeting (aux gym)
10:15	Timed Warm-Ups (15 minutes each event – main gym)
11:15	Gymnasts Prepare for March – In
11:30	March – In and Introductions
11:35-12:55	Competition

Session #2: Individuals (3 groups) & Teams (2)

12:45	Stretching, Coaches Meeting (aux gym)
1:00	Timed Warm-Ups (15 minutes each event – main gym)
2:15	Gymnasts Prepare for March – In
2:30	March – In and Introductions
2:35-4:15	Competition

Session #3: Teams (5)

4:00	Stretching, Coaches Meeting (aux gym)
4:15	Timed Warm-Ups (15 minutes each event – main gym)
5:30	Gymnasts Prepare for March – In
5:45	March – In and Introductions
5:50-7:30	Competition

Awards immediately following Session #3

Allocations:

League to Districts

Metro: 3 teams, 4 AA, 11 individuals

KingCo: 4 teams, 5 AA, 17 individuals

Districts to State

3 teams, 4 AA, 12 individuals