

Heart of the Valley YMCA 2019 Turkey Invitational - Rotation Schedule

UPDATED SCHEDULE AS OF 10/24/19

There will be no rotation for bar settings. Please check bar sets before timed warm ups begin. We will be following the Modified Traditional Format.

Vault and balance beam will be located in the Endries Gymnasium. Floor and uneven bars will be located in the Geerts Gymnastics Center. Awards Ceremonies will be in the Van Hoof Gymnasium.

Saturday, November 9, 2019

Session I – Level 1, Level 2, Level 3 (72)

Open Stretch/Bar Sets/March In: 8:00 a.m.
Timed Warm-ups and Competition: 8:20-10:30 a.m.
Level 1 and 2 awards immediately following competition
Level 3 awards immediately following session II (Approximately 12:40 p.m.)

Warm-ups and Competition

Level 2: Fond du Lac, Level 2: Stevens Point

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 2: Green Bay, Level 1: Waukesha, Level 2: Waukesha

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 2: Stateline, Level 1: Door County, Level 3: Fond du Lac

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 3: La Crosse (7)(7)

La Crosse required split in two groups of 7 and have a coach for each group

Floor Exercise, Uneven Bars, Balance Beam, Vault

Session II – Level 3 (64)

Open Stretch/Bar Sets/March In: 10:30 a.m.
Timed Warm-ups and Competition: 10:50-1:15 p.m.
Awards immediately following competition

Warm-ups and Competition

Level 3: Heart of the Valley (12), Level 3: Manitowoc

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 3: Heart of the Valley (7)(8)

Heart of the Valley required split in two groups and have a coach for each group

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 3: Green Bay (12), Level 3: Stevens Point

Green Bay required split and have a coach for each group; other half starts on floor as noted below

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 3: Green Bay (11), Level 3: Stateline

Floor Exercise, Uneven Bars, Balance Beam, Vault

Green Bay required split and have a coach for each group; other half starts on bars as noted above

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Session III – Level 6 (59)

Open Stretch/Bar Sets/March In: 1:25 p.m.
Timed Warm-ups and Competition: 1:45-5:00 p.m.
Awards immediately following competition

Warm-ups and Competition

Level 6: Heart of the Valley, Level 6: Waukesha, Level 6: Stevens Point

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 6: Wausau (7)(8)

Wausau required split in two groups and have a coach for each group

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 6: Green Bay, Level 6: Fond du Lac, Level 6: Door County

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 6: M&M, Level 6: La Crosse, Level 6: Stateline

Floor Exercise, Uneven Bars, Balance Beam, Vault

Session IV – Level 8, Level 9 and Xcel Gold (62)

Open Stretch/Bar Sets/March In: 5:10 p.m.
Timed Warm-ups and Competition: 5:30-9:00 p.m.
Awards immediately following competition

Warm-ups and Competition

Level 8: Waukesha, Level 8: Heart of the Valley, Level 9: Heart of the Valley

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 8: Door County, Xcel Gold: Door County, Xcel Gold: Stateline,

Level 8: Wausau

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 8: Green Bay, Level 9: Green Bay, Xcel Gold: Green Bay (6)

Green Bay required split in two groups on this rotation and have a coach for each group

Neither group can exceed 9 gymnasts.

Uneven Bars, Floor Exercise, Vault, Balance Beam

Xcel Gold: Green Bay (5), Xcel Gold: M&M, Level 8: M&M

M&M required split in two groups and have a coach for each group

Neither group can exceed 9 gymnasts.

Floor Exercise, Uneven Bars, Balance Beam, Vault

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Sunday, November 10, 2019

Session V – Level 4 (41)

Open Stretch/Bar Sets/March In: 8:00 a.m.
Timed Warm-ups and Competition: 8:20-10:15 a.m.
Level 4 awards immediately following session VI (Approximately 12:40 p.m.)

Warm-ups and Competition

Level 4: Heart of the Valley

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 4: Heart of the Valley

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 4: Green Bay

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 4: Stateline

Floor Exercise, Uneven Bars, Balance Beam, Vault

Session VI – Level 4 (49)

Open Stretch/Bar Sets/March In: 10:15 a.m.
Timed Warm-ups and Competition: 10:35-12:50 p.m.
Awards immediately following competition

Warm-ups and Competition

Level 4: La Crosse, Level 4: Door County

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 4: La Crosse, Level 4: M&M

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 4: Waukesha, Level 4: Manitowoc

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 4: Fond du Lac

Floor Exercise, Uneven Bars, Balance Beam, Vault

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Sunday, November 10, 2019

Session VII – Xcel Silver & Level 5 (66)

Open Stretch/Bar Sets/March In: 1:00 p.m.
Timed Warm-ups and Competition: 1:20-4:05 p.m.
Awards immediately following competition

Warm-ups and Competition

Xcel Silver: Waukesha, Level 5: Waukesha, Xcel Silver: Door County, Xcel Silver: Stateline

Vault, Balance Beam, Uneven Bars, Floor Exercise

Xcel Silver: Green Bay (7)(7), Level 5: Stevens Point

Green Bay required split in two groups of 7 and have a coach for each group

Balance Beam, Vault, Floor Exercise, Uneven Bars

Xcel Silver: Fond du Lac, Level 5: Fond du Lac, Level 5: La Crosse, Level 5: Green Bay

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 5: Heart of the Valley, Level 5: Manitowoc

Floor Exercise, Uneven Bars, Balance Beam, Vault

Session VIII – Level 7 (53)

Open Stretch/Bar Sets/March In: 4:15 p.m.
Timed Warm-ups and Competition: 4:35-7:30 p.m.
Awards immediately following competition

Warm-ups and Competition

Level 7: Heart of the Valley, Level 7: Manitowoc, Level 7: La Crosse

Vault, Balance Beam, Uneven Bars, Floor Exercise

Level 7: Stateline, Level 7: M&M

Balance Beam, Vault, Floor Exercise, Uneven Bars

Level 7: Wausau, Level 7: Fond du Lac, Level 7: Stevens Point, Level 7: Door County

Uneven Bars, Floor Exercise, Vault, Balance Beam

Level 7: Green Bay, Level 7: Waukesha

Floor Exercise, Uneven Bars, Balance Beam, Vault