

# Britton-Hecla Gymnastics

**Britton Hecla School**

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**Head Coach:**

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**Assistant Coaches:**

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Kelsi Heer

## Britton-Hecla Junior High Gymnastics Meet Monday, January 18, 2021 4:30 p.m.

Teams: Britton-Hecla, Milbank, Sisseton

Entries: Entry deadline (by fax or email): January 15<sup>th</sup> @ 4:00 p.m.  
12 entries total per event (Include name, grade, & competition #)

Divisions: Seventh and Eighth, Compete every other grade or whichever order works best.

Awards: Ribbons

Equipment: AAI Balance Beam, AAI Uneven Bars, AAI Vault Table with run up strip, Spring Board Floor, and mats.

Judges: Britton-Hecla varsity gymnasts

Gym Opens: 3:30

Warm-up/Stretch: 4:00-4:20

Each event will begin with an 8-minute warm-up and then compete. One-minute touch warm-ups if needed.

### Competition Order

<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>
BHHS 8th	BHHS 7th	Milbank	Sisseton
Sisseton	BHHS 8th	BHHS 7th	Milbank
Milbank	Sisseton	BHHS 8th	BHHS 7th
BHHS 7th	Milbank	Sisseton	BHHS 8th