



Watertown Gymnastics Invitational
January 23, 2021
9:00 AM, 12 PM & 2:30 PM

- 9:00 POD:** Madison, Britton, Deuel, Huron
12:00 POD: Aberdeen, Brookings, Mitchell, Watertown
2:30 POD: Milbank, Sisseton, Watertown JV
- ENTRY FEE:** \$50.00
- ENTRIES** List 7 compete 6
- ENTRY DEADLINE:** Return entry forms by 12:00 noon, Wednesday, January 20th
Email: Tammy.Neale@k12.sd.us
- AWARDS:** There will not be an awards ceremony
- COACHES MEETING:** There will not be a coaches meeting
- JUDGES:**
Vault: Shelby Kramer & Teresa Meland
Bars: Jenny Christian & Callie Aylward
Beam: Sue Hamre & Michele Benike
Floor: Michelle Haaland & Timberly Lunde
Meet Referee: Dodie Chada
- GRAND MARCH:** We will not have a grand march
- EQUIPMENT:**
- | | |
|--------------------------------------|------------------------|
| AAI Reflex Beam | 1- 5'x10" Sting Mats |
| AAI Table | 4- 8" Mats |
| AAI Round Cable Bars | 2 – 4" skill cushion |
| Regulation size Palmer Spring Floor. | Roundoff entry mat |
| Regulation Vault Runway | AAI tac 10 vault table |

**POD 1:
Madison, Britton, Deuel, Huron
9:00 AM Start**

| | |
|--------------------|---|
| 8:10 - 8:20 | Madison/Britton- run/stretch on floor in warm up gym |
| 8:20 - 8:30 | Madison/Britton- lines/corner tumble on competitive floor |
| 8:20 - 8:30 | Deuel/Huron run/stretch in warm up gym |
| 8:30 - 8:40 | Deuel/Huron lines/corner tumble on competitive floor |
| 8:55 | Go to first event - National Anthem |
| 9:00 | Each team gets 5 minutes of team blocked warmup. Start competitor 1 & 2 - 2 minute each for their touch then compete with each competitor getting 2 minute touch between each competitor. |
| 9:30 | Rotate to 2nd event and do the same 5 minute team warm up and then 2 minute touches for each athlete. |
| 10:00 | Rotate to 3rd event |
| 10:30 | Rotate to 4th event |
| 11:00 | Competition complete |

POD 1 ROTATION

| VAULT | BARS | BEAM | FLOOR |
|--------------|-------------|-------------|--------------|
| Madison | Huron | Deuel | Britton |
| Britton | Madison | Huron | Deuel |
| Deuel | Britton | Madison | Huron |
| Huron | Deuel | Britton | Madison |

POD 2:
Aberdeen Central, Brookings, Mitchell, Watertown
12:00 Start

- 11:20 - 11:30** Aberdeen Central & Brookings run/stretch on floor in warm up gym
- 11:30 - 11:40** Aberdeen Central & Brookings line/corner tumble
- 11:30 - 11:40** Mitchell & Watertown warmup & stretch on floor in warm up gym
- 11:40 - 11:50** Mitchell & Watertown line/corner tumble on competitive floor
- 11:55** Go to first event
- 12:00** Each team gets 5 minutes of team blocked warmup. Start competitor 1 & 2-2 minute touch then compete with each competitor getting 2 minute touch between each competitor.
- 12:15** Rotate to 2nd event and do the same 5 minute team warm up and then 2 minute touches for each athlete.
- 12:45** Rotate to 3rd event
- 1:15** Rotate to 4th event
- 1:45** Competition complete

POD 2 ROTATION

| VAULT | BARS | BEAM | FLOOR |
|--------------|-------------|-------------|--------------|
| Watertown | Aberdeen | Mitchell | Brookings |
| Brookings | Watertown | Aberdeen | Mitchell |
| Mitchell | Brookings | Watertown | Aberdeen |
| Aberdeen | Mitchell | Brookings | Watertown |

POD 3:
Milbank, Sisseton, Watertown JV
2:30 Start

- 1:50 - 2:00** Milbank & Sisseton warm up & stretch on floor in warm up gym
- 2:00 - 2:10** Milbank & Sisseton lines/corner tumble on competitive floor
- 2:00 - 2:10** Watertown JV warmup & stretch on floor in warm up gym
- 2:10 - 2:20** Watertown JV lines/corner tumble on competitive floor
- 2:25** Go to first event
- 2:30** Each team gets 5 minutes of team blocked warmup. Start competitor 1 & 2-2 minute touch then compete with each competitor getting 2 minute touch between each competitor.
- 3:00** Rotate to 2nd event and do the same 5 minute team warm up and then 2 minute touches for each athlete.
- 3:30** Rotate to 3rd event
- 4:00** Rotate to 4th event
- 4:30** Competition complete

POD 3 ROTATION

| VAULT | BARS | BEAM | FLOOR |
|--------------|--------------|--------------|--------------|
| Watertown JV | Milbank | Sisseton | Bye |
| BYE | Watertown JV | Milbank | Sisseton |
| Sisseton | BYE | Watertown JV | Milbank |
| Milbank | Sisseton | BYE | Watertown JV |