

2A/3A –District II Gymnastics Championships

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

Saturday, February 15, 2025

Session #1

Warm up

10:00-10:15	Open Stretching			
	Vault	Bars	Beam	Floor
10:15-10:30	Mercer Island	Chief Sealth & Evergreen	Lindberg & Nathan Hale	Roosevelt
10:30-10:45	Roosevelt	Mercer Island	Chief Sealth & Evergreen	Lindberg & Nathan Hale
10:45-11:00	Lindberg & Nathan Hale	Roosevelt	Mercer Island	Chief Sealth & Evergreen
11:00-11:15	Chief Sealth & Evergreen	Lindberg & Nathan Hale	Roosevelt	Mercer Island
11:15	Prepare for March In			

Competition

March In – 11:30				
	Vault	Bars	Beam	Floor
Rotation 1	Chief Sealth & Evergreen	Lindberg & Nathan Hale	Roosevelt	Mercer Island
Rotation 2	Mercer Island	Chief Sealth & Evergreen	Lindberg & Nathan Hale	Roosevelt
Rotation 3	Roosevelt	Mercer Island	Chief Sealth & Evergreen	Lindberg & Nathan Hale
Rotation 4	Lindberg & Nathan Hale	Roosevelt	Mercer Island	Chief Sealth & Evergreen

Session #2

Warm up

12:45-1:00	Open Stretching			
	Vault	Bars	Beam	Floor
1:00-1:15	Highline & Tyee	Inglemoor	Ingraham	Bellevue & Holy Names
1:15-1:30	Bellevue & Holy Names	Highline & Tyee	Inglemoor	Ingraham
1:30-1:45	Ingraham	Bellevue & Holy Names	Highline & Tyee	Inglemoor
1:45-2:00	Inglemoor	Ingraham	Bellevue & Holy Names	Highline & Tyee
2:00	Prepare for March In			

Competition

March In – 2:15				
	Vault	Bars	Beam	Floor
Rotation 1	Inglemoor	Ingraham	Bellevue & Holy Names	Highline & Tyee
Rotation 2	Highline & Tyee	Inglemoor	Ingraham	Bellevue & Holy Names
Rotation 3	Bellevue & Holy Names	Highline & Tyee	Inglemoor	Ingraham
Rotation 4	Ingraham	Bellevue & Holy Names	Highline & Tyee	Inglemoor

Session #3**Warm up**

3:30-3:45	Open Stretching			
	Vault	Bars	Beam	Floor
3:45-4:00	Sammamish	West Seattle	Ballard	Interlake & Sultan
4:00-4:15	Interlake & Sultan	Sammamish	West Seattle	Ballard
4:15-4:30	Ballard	Interlake & Sultan	Sammamish	West Seattle
4:30-4:45	West Seattle	Ballard	Interlake & Sultan	Sammamish
4:45	Prepare for March In			

Competition

March In – 5:00				
	Vault	Bars	Beam	Floor
Rotation 1	West Seattle	Ballard	Interlake & Sultan	Sammamish
Rotation 2	Sammamish	West Seattle	Ballard	Interlake & Sultan
Rotation 3	Interlake & Sultan	Sammamish	West Seattle	Ballard
Rotation 4	Ballard	Interlake & Sultan	Sammamish	West Seattle

Awards immediately following Session 3, ~6:30pm

Allocations to State:

3 teams, 4AAs, 12 individuals