



Women's Timed Warm-ups

Warm-up per team. One minute warning before their time is complete.

If a squad has more than one skill level competing, the timed warm-up will be combined by the total of minutes allowed for each Skill Level.

# Athletes	Skill Levels	Skill Levels	Skill Levels	Skill Levels	Skill Levels
	1N/2BN	SN/3N	4N/GN/5N	6N/PN/7N	8N/DN/9N/10N
1	:30	:45	1:00	1:30	2:00
2	1:00	1:30	2:00	3:00	4:00
3	1:30	2:15	3:00	4:30	6:00
4	2:00	3:00	4:00	6:00	8:00
5	2:30	3:45	5:00	7:30	10:00
6	3:00	4:30	6:00	9:00	12:00
7	3:30	5:15	7:00	10:30	14:00
8	4:00	6:00	8:00	12:00	16:00
9	4:30	6:45	9:00	13:30	18:00
10	5:00	7:30	10:00	15:00	20:00
11	5:30	8:15	11:00	16:30	22:00
12	6:00	9:00	12:00	18:00	24:00

Balance Beam

Level	Warm Up Time Per Athlete	Competition WARNING	Competition TIME
1N	:30 seconds	:20 seconds	:30 seconds
2BN	:30 seconds	:25 seconds	:35 seconds
SN	:45 seconds	:35 seconds	:45 seconds
3N	:45 seconds	:35 seconds	:45 seconds
4N	1:00	:50 seconds	1:00
GN	1:00	:50 seconds	1:00
5N	1:00	:50 seconds	1:00
6N	1:30	1:05	1:15
PN	1:30	1:20	1:30
7N	1:30	1:05	1:15
8N	2:00	1:20	1:30
DN	2:00	1:20	1:30
9N	2:00	1:20	1:30
10N	2:00	1:20	1:30

***9N/10N (only) UB
Warm-up 2:30**

***Fall Time: 45
secs. to resume
routine.**

**(Routine
terminated after
the 45 secs)**