

# USA Gymnastics Championships

Senior Elite

Training and Competition Warm-up

Schedule

America's Center Hall 3

## Tuesday, June 22, 2021

7:00 pm – 9:00 pm – America's Center Dome (if equipment is set, If not - 8:00 pm – 10:00 pm in Hall 3)

## Wednesday, June 23, 2021

1:30 pm 9:00 pm – America's Center Dome – Opening Training

## Thursday, June 24, 2021

8:30 am – 4:00 pm – America's Center Dome – Opening Training

## Friday, June 25, 2021

10:00 am – 12:00 pm – America's Center Dome – Open Training

	Warm up Begins Hall 3	Athletes move to Dome	Rotation Begins
Rotation 1	12:15 pm	1:15 pm	1:30 pm
Rotation 2	12:55 pm	1:55 pm	2:10 pm
Rotation 3	1:30 pm	2:30 pm	2:43 pm
Rotation 4	2:00 pm	3:00 pm	3:17 pm
Rotation 5	2:35 pm	3:35 pm	3:52 pm

## Saturday, June 26, 2021

10:00 am – 12:00 pm - America's Center Dome – Open Training

	Warm up Begins Hall 3	Athletes move to Dome	Rotation Begins
Rotation 1	4:45 pm	5:45 pm	6:00 pm
Rotation 2	5:15 pm	6:15 pm	6:38 pm
Rotation 3	5:55 pm	6:55 pm	7:12 pm
Rotation 4	6:25 pm	7:25 pm	7:41 pm
Rotation 5	7:00 pm	8:00 pm	8:17 pm

## Sunday, June 27, 2021

10:00 am – 12:00 pm - America's Center Dome – Open Training

	Warm up Begins Hall 3	Athletes move to Dome	Rotation Begins
Rotation 1	12:45 pm	1:45 pm	2:00 pm
Rotation 2	1:20 pm	2:20 pm	2:35 pm
Rotation 3	1:58 pm	2:58 pm	3:13 pm
Rotation 4	2:31 pm	3:31 pm	3:46 pm
Rotation 5	3:08 pm	4:08 pm	4:23 pm