

Meet Warm up Sheet

Warm up timers

Your responsibility as a warm up timer is to time the warm up of the gymnast – start the time when they get on the equipment, give the coach a 1 minute warning that the time is almost up, tell them when the time is up. Coach is to decide and let you know how they would like the warm up to be done. They can do it one gymnast at a time or they can group the gymnasts and add their time together.

Warm up time is different for each level. Make sure you ask how many of each level when calculating the time of the warm up.

Warm up times per gymnasts –	Level 4	45 seconds
	Level 5 & 6	1 minute
	Level 7	1 minute 30 seconds
	Level 8 -10	2 minutes
	Prep Opt	1 minute

If you have any question please ask the meet director(person in charge of the meet) or the meet referee (judge in charge).

Cheat Sheet for level 4 times

#of gymnasts	time	# of gymnasts	time
1	45 sec	11	8 min 15 sec
2	1 min 30 sec	12	9 min
3	2 min 15 sec	13	9 min 45 sec
4	3 min	14	10 min 30 sec
5	3 min 45 sec	15	11 min 15 sec
6	4 min 30 sec	16	12 min
7	5 min 15 sec	17	12 min 45 sec
8	6 min	18	13 min 30 sec
9	6 min 45 sec	19	14 min 15 sec
10	7 min 30 sec	20	15 min

Competition Beam times

Prep Opt	NOVICE TIME :50	INTERMEDIATE TIME 1:15	ADVANCED TIME 1:30
Level 4	WARNING :45 TIME :55	Level 7	WARNING 1:10 TIME 1:20
Level 5	WARNING 1:00 TIME 1:10	Level 8-10	WARNING 1:20 TIME 1:30
Level 6	WARNING 1:05 TIME 1:15		