

USAIGC WARM UP TIMES/FALL TIMES

IGC Copper 1&2 45 Sec Each		IGC Bronze/Diamond/Silver 1 Min Each		IGC Gold/Platinum, 1:30 Min Each		Beam Fall Times			Floor Fall Times	
# of Gymnasts	Time	# of Gymnasts	Time	# of Gymnasts	Time	Level	Warning	Max Time	Level	Max Time
1	45 Secs	1	1 Min	1	1:30 Min	Copper 1	35 Sec (Minimum) 50 Sec (Warning)	1 Min	Copper 1&2	45 sec Min 1:10 Max
2	1:30 Min	2	2 Min	2	3 Min	Copper 2	35 Sec (Minimum) 50 Sec (Warning)	1 Min	Bronze & Diamond	50 Sec Min 1:30 Min Max
3	2:15 Min	3	3 Min	3	4:30 Min	Bronze	50 Sec (Minimum) 1:20 (Warning)	1:30 Min	Silver & Gold	50 Sec Min 1:30 Min Max
4	3 Min	4	4 Min	4	6 Min	Diamond	50 Sec (Minimum) 1:20 (Warning)	1:30 Min		
5	3:45 Min	5	5 Min	5	7:30 Min	Silver	50 Sec (Minimum) 1:20 (Warning)	1:30 Min		
6	4:30 Min	6	6 Min	6	9 Min	Gold	50 Sec (Minimum) 1:20 (Warning)	1:30 Min		
7	5:15 Min	7	7 Min	7	10:30 Min					
8	6 Min	8	8 Min	8	12 Min					
9	6:45 Min	9	9 Min	9	13:30 Min					
10	7:30 Min	10	10 Min	10	15 Min					
11	8:15 Min	11	11 Min	11	16:30 Min					
12	9 Min	12	12 Min	12	18 Min					
13	9:45 Min	13	13 Min	13	19:30 Min					
14	10:30 Min	14	14 Min	14	21 Min					
15	11:15 Min	15	15 Min	15	22:30 Min					