

LEVEL 7-10 STATE MEET: April 4-5, 2009

Flips Gymnastics would like to congratulate you for qualifying your gymnasts to the State Meet! Please be organized as a team, and help the meet run smoothly and on time.

AGE GROUPS Age groups have been decided upon by the MN State Board.

Level 7: 8-10, 11, 12, 13, 14+
Level 8: 9-11, 12, 13, 14, 15, 16+
Level 9: 10-13, 14-15, 16, 17+
Level 10: JR's ages 11-15 and SR's ages 16+

Please be certain that your gymnasts attend the correct session:

Level 7: Gymnasts compete at her age as of April 4th.
Level 8: Gymnasts compete at her age as of the day of Regionals, April 26th.
Level 9-10: Gymnasts compete at her age as of April 5th.

MEET FORMAT

We will be running Modified Capitol Cup with 2 sets of equipment in the same gym, with a shared floor. The schedule is very tight, please be prepared!

Level 7: 1.5 minute warm up per event, no touch.
Level 8-10: 2 minute warm up per event, no touch.

COACHES MEETING & PACKETS

The first coaches meeting will be Saturday 7:45am at Vault A with the Meet Director & Head Judge. There will be additional meetings prior to each session. You will receive rotation schedules at these meetings. Coach's packets will be at check-in. Coaches MUST sign in at coach's check-in with current USAG Card and it must be available during competition. NO ONE will be allowed on the floor without providing this information.

AWARDS

Individual Awards will be given after each session and team awards after the last session for that level. Each member of the 1st, 2nd and 3rd place team will receive medals.

Level 7-8: 1st -10th place team
Level 9: 1st - 5th place team
Level 10: 1st - 3rd place team

SENIORS

Graduating seniors (both competing and not) will be recognized during awards. A bio sheet should have been returned prior to the meet (you can find one on the website).

REGIONALS April 22-26 at WI Dells, hosted by Midwest Twisters.

Qualification scores: Level 8: 34.0 Level 9: 34.0 Level 10: 34.0

Go to <http://region4championships.wordpress.com> for more information.

TSHIRTS and STATE MEET APPAREL

There will be a vendor at the meet selling State Meet logo shirts, hoodies, pants and other various styles. *No pre-ordering necessary.*

MEET RESULTS

Results will be posted in the lobby and coaches room after each session. You will also find them on www.flipsgym.com/state