

# 2016 Xcel Region 4 Championships

Concordia University - Saint Paul, MN

## General Information

**Date:** April 15 – 17, 2016

**Hosted by:** Great Northern Gymnastics  
900 3<sup>rd</sup> Street  
St Paul Park, MN 55071  
Phone: 651-768-0090, Fax: 651-768-8204  
www.greatnortherngymnastics.com

**Meet Director:** Dave Garske

## Venue

**Competition Arena:** Gangelhoff Center - Concordia University  
235 Hamline Avenue N  
St. Paul, MN 55104  
(651) 641-8854

**Campus Parking:** Free parking at Parking Lot C and Parking Lot D.

**Admissions:** All-day Pass: Adults - \$15.00, Students - \$10.00, 3 years and under free

## Accommodations

<b>Host Hotels:</b>	Best Western Plus Capital Ridge 161 St. Anthony Avenue St. Paul, MN 55103 Phone: (651) 227-8711 Group: Great Northern Gymnastics	Holiday Inn St Paul Downtown 175 West 7th Street St. Paul, MN 55102 Phone: (651) 225-1515 Group: Great Northern Gymnastics
<b>Additional hotels:</b>	InterContinental St. Paul Riverfront 11 Kellogg Blvd East St. Paul, MN 55101 Phone: (800) 628-2112 Group: Region 4 Xcel	Courtyard Mpls-St. Paul Airport 1352 Northland Drive Mendota Height, MN 55120 Phone: (651) 452-2000 Group: Region 4 Xcel Championships

## Competition Information

**Tentative Schedule:** Friday, April 15 Silver  
Saturday, April 16 Bronze, Platinum, Diamond  
Sunday, April 17 Gold

**Final Schedule:** The Final Schedule will be posted on greatnortherngymnastics.com, and the Region 4 website approximately 5 days following the final State Championships.

- Competition Format:** All sessions will be conducted in the Modified Capital Cup format. The gymnasium will be divided into two competition areas (North and South), each with two full sets of equipment with the exception of one Floor Exercise mat per side. One Tumble Strip will also be shared between the gyms.
- Equipment:** All apparatus in both gyms will be matching FIG-approved AAI equipment, supplied by North Shore Gym Supply.
- Awards:** As per USA Gymnastics, medals will be awarded to forty percent of participants per age group.
- Gymnast Entry Fees:**
- |                          |       |
|--------------------------|-------|
| Bronze, Silver, and Gold | \$ 65 |
| Platinum, Diamond        | \$ 75 |
- Entry deadline:** Entries must be received immediately following the conclusion of your State Championships. One check per club must be remitted to Great Northern Gymnastics.

## Meet Protocols

- Coaches Packets:** Rotation sheets will be available at the Arena prior to each session.
- Meetings:** There will be a short coaches meeting at the beginning of each session.
- Competition Area:** All coaches and assistants must be certified by USA Gymnastics to be permitted on the competition floor. Coaches must have a current USAG Pro number, safety certification, and must have completed the required USAG background check. Only athletes competing in current session are allowed on the competition floor. Gymnasts should keep all bags and personal items in the seating areas.
- Additional Coaches:** Be aware that you may have gymnasts in more than one rotation at a time. Please bring sufficient staff to cover two rotations if necessary.
- Judges:** All sessions will have two-judge panels. A meet referee will be present for all sessions.

## Vendors

- Official Apparel:** Premier Promotional will be supplying all official Xcel Regionals apparel. You may purchase items at the arena. You may also pre-order at [www.r4xcelapparel.com](http://www.r4xcelapparel.com) and have your order waiting for you at the event.

## Attachments

- A. Campus Map
- B. Nearby Dining Options
- C. Official Apparel Flyer
- D. Meet Program Advertising Form