

2017 Region 4 Championships

Concordia College, Saint Paul

General Information

Dates: Friday, Saturday, and Sunday, April 7 – 9, 2017

Hosted by: Great Northern Gymnastics
900 3rd Street
St Paul Park, MN 55071
Phone: 651-768-0090, Fax: 651-768-8204
Email: info@greatnortherngymnastics.com

Meet Directors: Ron Hill, Dan Coon

Meet Referee: Brian Meeker

Venue

Competition Arena: Gangelhoff Center, Concordia University
235 Hamline Avenue N
Saint Paul, MN 55104

Parking: There will be ample campus parking available including lots, ramps and street parking.

Admissions: Adults - \$10.00, Students - \$5.00
Children 4 & under - Free

Accommodations:

Host hotel: Courtyard, MSP Airport
1352 Northland Drive
Mendota Heights, MN 55120
Phone: 651-452-2000 or 1-800-321-2211
Group: 2017 Region 4 Men's Championships
\$106.00/double, \$96.00/single
Block available until March 16th
Approx 12 min. drive to competition

Other Hotels:	Best Western Capitol Ridge 161 St Anthony Ave St Paul, MN 55103 Phone: 651-227-8711 Group: Region 4 Gymnastics \$119.00/double, \$119.00/single Block available until March 20 th Approx 6 min. drive to competition	Fairfield Inn & Suites, MSP Airport 1330 Northland Drive Mendota Heights, MN 55120 Phone: 651-454-1978 Group: Region 4 Gymnastics \$109.00/double Block available until March 16 th Approx 12 min. drive to competition
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Competition Information

Final Schedule:	Friday, April 7	Session 1: Level 6 - all ages	8:30AM 9:00 9:35 1:35PM	Open Stretch Introductions Competition Awards
		Session 2: Level 7, Jr. Dev. JE Tech Seq.	3:00PM 3:30 4:00 7:00	Open Stretch Introductions Competition Awards
	Saturday, April 8	Session 3: Levels 8 & 9	8:30AM 9:00 9:30 1:20PM	Open Stretch Introductions Competition Awards
		Session 4: Level 10	3:00PM 3:30 4:05 8:15	Open Stretch Introductions Competition Awards
	Sunday, April 9	Session 5: Level 5 Div 1 Ages 7-8, 9 Div 2 Ages 7-8, 9-10	8:30AM 9:00 9:30 12:00PM	Open Stretch Introductions Competition Awards
		Session 6: Level 5 Div 1 Ages 10, 11+ Div 2 Ages 11+	1:30PM 2:00 2:30 5:15	Open Stretch Introductions Competition Awards

Competition Format: All sessions will be conducted in true Capital Cup format.

Equipment: Apparatus in both gyms will be matching FIG-approved AAI equipment. Supplied by NSGEL.

Age Groups: **Exceptions** to USA Gymnastics designated age groups are as follows:
 Level 5 Div 1: Gymnasts will compete in the 7-8, 9, 10, and 11+ age group divisions.
 Level 6 Div 1: Gymnasts will compete in the 8-9, 10, 11, and 12+ age group divisions.
 Level 9: Gymnasts will compete in the 13, 14, and 15-16 age groups.
 Level 10: Gymnasts will compete in the 15, 16, 17, and 18 age groups.

Trainers: A Certified Athletic Trainer will be on the premises during all sessions.

Warm-up and March-in Procedures

The following procedures will be run for all sessions:

- Doors open, 30 minute open stretch, gymnasts will not be allowed on equipment
- Flight A will stretch in Warm up gym, Flight B will stretch on Competition Floor
- Following 30 minute stretch, all athletes will assemble in Warm up gym, line up according to Start Event
- Teams will march by squad onto floor for Introductions and National Anthem
- Flight A will return to 1st warm up event, Flight B will continue stretch on Competition floor
- At the conclusion of the 1st timed warm up, Flight A will line up and enter gym for 1st Competition Event.
Flight B will rotate to warm up gym for 1st warm up event
- Gymnasts will be asked to enter and exit gym only upon announcements, with the exception of first 2 athletes in competitive rotation

J.O. Nationals Qualifiers

J.O. Nationals qualifiers must attend a meeting immediately following their competition.

At this meeting, coaches or parents must provide:

- 1) a completed NCAA Form (where applicable)
- 2) a J.O. Nationals entry form – one per Club
- 3) payment for J.O. Nationals – one check per club made out to Region 4 Boys
- 4) sizing for Region Team uniforms if applicable