

SW DISTRICT GYMNASTICS CHAMPIONSHIPS 2019

- DATE:** February 23, 2019
- TIME:** 8:30 AM: Gym opens for stretching and bar settings
9:00 AM: Coaches Meeting
9:30 AM: March-in
9:45 AM: Timed Warm ups
10:00 AM: Competition Begins (approximately)
- LOCATION:** Lakota East High School
6840 Lakota Lane, Liberty Township 45044
Phone: 513-759-8622
- TEAMS:** Anderson, Anna, Ansonia, Arcanum, Archbishop Alter, Badin, Batavia, Beaver creek, Blanchester, Catholic Central, Centerville, Cincinnati Country Day, Clermont Northeastern, Franklin Monroe, Greeneview, Greenville, Kings, Kenton Ridge, Lakota East, Lakota West, Miamisburg, Miami East, Mother of Mercy, Northmont, Oak Hills, Roger Bacon, Seven Hills, Sycamore, Tecumseh, Troy, Turpin, Versailles, Walnut Hills, Wayne, Xenia
- CONTACT:** Meet Directors: Mardi Dagley at (513) 328-8501 or lakotagymnastics@gmail.com and Steve Conner at (Home) (513) 600-2419; (Cell) (513) 697-1180; (E-mail) conners@countryday.net
Tournament Manager: Richard Bryant at (513) 759-8622; (E-mail) richard.bryant@lakotaonline.com
- COACHES:** Coaching is only permitted by your school board approved and assigned gymnastics coaches. There will be identification tags for those coaches in your meet day packet. No one else will be permitted to work with your athletes or be in the competition area.
- ATHLETIC TRAINER:** A certified trainer will be available.
- EQUIPMENT:** Vault- AAI. Bars- AAI, Beam- AAI Reflex. Floor- Spring floor (competition), Spring strip (warm-up)
A vault safety collar will be provided in both the warm-up and competition gyms.
- COMPETITION FORMAT:** **Capital Cup format with one session.**
WARM UPS: 1:30 warm-up in warm-up gym (no timed warm ups will be allowed in the competition gym)
TOUCH WARM UPS: :30 touch warm ups on bars, beam, floor; 3 vaults (Please touch in the hole on beam)
- COMPETITION DETAILS:** The USAG Jr. Olympic Code of Points (2018-2022) and modified USAG Level 9-10 shall be used in all tournaments. Rules interpretations shall be the decision of the OHSAA State Rules Interpreter(s).
Each school shall be limited to 6 entries per event at the Sectional and/or District.
- CONCESSIONS:** Concessions will be available.
- ADMISSION:** \$8.00