

State Meet 2011 – this is the final schedule – Winooski High School

Saturday March 26 - both sessions will be traditional format

Session 1-Prep Opt

11-11:15 open stretch

11:15-11:30 timed warm up

11:30 march in

3:30 awards

Session 2 - Level 5

4-4:15 open stretch

4:15-5:30 timed warm up

5:30 march in

8:30 awards

Sunday March 27

Session 3 - Level 4 – traditional format

8-8:15 open stretch

8:15-9:30 timed warm up

9:30 march in

11:20 awards

Session 4 - Level 6 – warm up/compete format

11:45-12 open stretch

12:00 march in

2:15 awards

Session 5 - Level 7-9 – warm up/compete format

2:30-2:45 open stretch

2:45 march in

7:15 awards

All award ceremonies will take place in the auditorium – I have left time between sessions to allow for viewing of the ceremony. Please understand we are running really tight on Sunday so if you could get some helpers for clean up that are not involved with the last session that would be great.

Session Assignments – Please read carefully- All clubs are required to do the jobs below. Please set it up in advance so we don't have to run people down during the meet. Thank you.

	Level PO	Level 5	Level 4	Level 6	Level 7-9
Admissions(2)	WA	SRG	LEST	WA	RGA
Score Table(3-6)	NLG	NLG	NLG	NLG	NLG
Flashers(4)	RGA	CVG	RGA	GMG	GMG
Runners(4)	WA	RGA	WA	RGA	WA
WupTimers(3)	LEST	GMG	CVG	RGA	CVG,NLG
Meet Timer(1)	NLG	LEST	SRG	GMG	same as above
Floor Timer(1)	NLG	na	na	na	GMG
Floor Music(1)	BG	NLG	CVG	NLG	GMG
Sales(2)	BG	WA	GMG	NLG	LEST

Set up will be on Saturday at Winooski High School at 6:30 am. Please contact me with the number of people you will be having at set up.

Clean up will be on Sunday after the meet about 7:30pm. Please contact me with the number of people you will be having as clean up. **All coaches are asked to help with set up and clean up.**

Donations for concessions – Kathy has had most of the food donated for the concession stand – we are asking clubs to donate a few items we still need – please let me know what you will bring – we need drinks, candy, coffee, tea, hot chocolate, chips(I have some chips and candy left from gmi). Thanks.

Directions: From the south: 89 N to exit 16, turn left at end of ramp, immediately after the 3rd light turn left into Winooski High School

Reminders – Only coaches with professional numbers are allowed on the floor for competition and warm up. Please have your card on with you at the meet.

You must commit at states to compete in the regional competition – Level 9 Regionals is April 15 – 17 in Andover, MA and Level 8 Regionals is April 30 & May 1 in North Andover, MA. **Regional Policy – all regional athletes will be required to give a \$200 deposit for regionals at the end of the State competition. After the regional competition, when it is proven you have attended the competition, you will get a refund excluding the meet fee. This can be a club check or a family check – all checks will be deposited. This is an effort to cut down on no shows at regionals.**

There is a new Level 8 Regional qualifying procedure – this year we will have a Super team qualify, this is the top 7 gymnasts regardless of age group. We will also have the age group teams for qualifying gymnasts.

All outstanding balances for meets will be due before states – I will contact you personally if you have any.

I have 10 seniors, Amanda Liguori, Mary Parmenter, Audrey Jones, Mariah Major, Leah Bank, Alaina Page, Shannon Gillen, Sarah Libuda, Danza Rodrigues, Kiana Winslow – please plan to have a short speech to give at the state meet.

Our Theme is Flight