

# **\*Wild about Gymnastics!\***

INDIANA'S Level 7 State & Prep Op USA GYMNASTICS CHAMPIONSHIPS!

HOST: Connersville Gymnastic Ctr Booster Club, Joann Borders, Meet Director Phone# 765-825-2297  
440 Ariens Ave. Suite 1 Fax 765-825-4132  
Connersville, IN 47331 E-mail: cgctr@frontier.com

SITE: "The Spartan Bowl" located at Connersville Middle School (CHS basketball gym)  
1900 Grand Ave., Connersville, IN 47331

Meet format: Capital Cup (warm up in Spartan Arena gym, compete in the Spartan Bowl)

Coaches must have a current professional membership card and be safety certified to be on the floor.

Gymnasts not competing in that session must stay in the bleachers.

Equipment: AAI Equipment supplied by Midwest Gym Supply.

Awards: PER USAG RULES AND POLICIES AND IN USAG STATE BOARD RULES

Admission: \$6.00 Adults, \$3.00 Children and Seniors Programs \$3.00

Hotels: Woodridge Inn 765-825-4800, 3700 Western Ave, Connersville, IN (1 mile away)

The Comfort Inn , 765-932-2999, 320 Conrad Harcourt Way, Rushville, IN (about 18 mi)

## ***Schedule for "Wild About Gymnastics!"***

**Friday, March 18, 2011**

Session #1 PO-bronze Ch-32 (7/16/01to12/31/05), Jr-32 (1/28/00 to 7/15/01), Sr-32 (1/1/92 to 1/27/00).

Coaches Meeting 4:45 & Bar sets 5:00-5:30 \* *flight 1 in warm up gym/ flight 2 in competition gym*

Warm up flight 1 5:30-5:42 March IN 5:45

Fl 1 touches/competes 6:00, Fl 2 warms up..... Awards 9:45

**S #2 Saturday, March 19, 2011**

Level 7's

L 7 Child A (7/2/00 to 12/31/02) 37

L 7 Child B (7/21/99 to 7/1/00) 37

\*Coaches Meeting 7:45

Bar sets 8:00-8:30 *flight 1 in warm up gym*

\**flight 2 in competition gym*

Warm up flight 1 at 8:30-8:45

March in 8:45

Flight 1 touches/competes 9:00

Flight 2 warms up 1<sup>st</sup> event

Awards 12:45

**S #5 Sunday, March 20, 2011**

PO - platinum Jr. (12/19/95 to 12/31/98) 10

PO - platinum Sr. (1/1/92 to 12/18/95) 9

PO - gold Child (1/27/99 to 12/31/02) 34

PO - gold Jr. (5/13/97 to 1/26/99) 33

Coaches Meeting 7:45

Bar settings 8:00-8:30 *flight 1 in warm up gym*

\**flight 2 in competition gym*

Warm up flight 1 8:30-8:41

March In 8:42

Flight 1 touches/competes 8:58

Flight 2 warms up 1<sup>st</sup> event

Awards 12:45

**S# 3 L7 Jr. A (11/13/98 to 7/20/99) 37**

L7 Jr. B (2/9/98 to 11/12/98) 37

Bar settings 12:15-1:00 *in warm up gym*

Warm up flight 1 at 1:00-1:15

March In at 1:15

Flight 1 touches/competes 1:30

Flight 2 warms up 1<sup>st</sup> event

Awards 5:15

**S # 6 PO Gold Sr. (1/1/93 to 5/12/97) 33**

PO Silver Sr. (1/1/92 to 2/20/98) 38

Bar settings & stretch 12:00-12:45 *in warm up gym*

Warm up flight 1 at 12:45-12:54

March In 12:55

Flight 1 touches/competes 1:10

Flight 2 warms up 1<sup>st</sup> event

Awards 4:28

**S # 4 L 7 Sr. A (11/29/96 to 2/8/98) 37**

L 7 Sr. B (1/1/94 to 11/28/96) 37

Bar settings 4:45-5:15 *in warm up gym*

Warm up flight 1 at 5:15-5:30

March In 5:30

Flight 1 touches/competes 5:45

Flight 2 warms up 1<sup>st</sup> event

Awards 9:35

**S # 7 PO Silver Child (5/6/99 to 12/31/03) 37**

PO Silver Jr. (2/21/98 to 5/5/99) 37

Bar settings & stretch 3:45-4:30 *in warm up gym*

Warm up flight 1 at 4:30 to 4:40

March In 4:45

Flight 1 touches/competes 5:00

Flight 2 warms up 1<sup>st</sup> event

Awards 8:30