

**** COMPETITION INFORMATION ****

MEET: [2009 LEVELS 2, 3, 4, 5 & 6 DISTRICT QUALIFYING – DISTRICT II](#)

DATE: Saturday, September 19, 2009
Sunday, September 20, 2009

SITE: F.E.W. Education Center Gymnasium
1100 Raider Dr.
Eules, Texas 76040

HOSTS: Lone Star Gymnastics, Inc. and Lone Star Gymnastics Parents Club

**COMPETITION
DIRECTOR:**

R. Scott Crouse

JUDGES: Two judges per event (Levels 5P & 6P Only) – Four events competing at once (All Levels).

ENTRY FEES: **Entry Fees:** Levels 2, 3, 4, 5 Achievement - **\$35.00 per individual athlete entered.**
Levels 4, 5 & 6 Placement - **\$45.00 per individual athlete entered.**

Team Entry Fee is **\$35.00 per team entered** (*Levels 4, 5 & 6 Placement Only*)

Please check Large or Small Man Team on Entry Form. (Check your Texas Rules and Policies for Team Competition).

All Entry Fees must be paid in full at the time your club's entries are received!

One Entry Fee check per club.

****Make all checks payable to:** **LONE STAR GYMNASTICS**

****Mail all entries and checks to:** **Lone Star Gymnastics**
3736 Altamesa Blvd.
Fort Worth, Texas 76133
Attention: Scott Crouse

DEADLINE: All entries must be **RECEIVED** (not postmarked) by August 28, 2009.
Please remember that all entry deadlines are set up by the Texas State Board.
Thank You!

* **LATE ENTRIES ARE \$25.00 PER ATHLETE** (New Rule – As Per USAG).

* You may call and confirm the arrival of your entries.

FORMAT: This will be an **INDIVIDUAL and TEAM** oriented competition on Saturday and Sunday, and will be run in the **Modified Traditional Format** (warm up one event/compete that event, etc. through all four event rotations).

The competition will follow the 2009-2010 USAG/Texas Rules and Policies.

AGE GROUPS: [Levels 2, 3, 4 & 5 Achievement](#) - All ages (No individual age groups)
[Levels 4, 5 & 6 Placement](#) - JR. A, JR. B, JR.C, SR. A & SR. B

* **COACHES:** Please remind your individual Team parents not to call for competition times because of the large amount of telephone time required. Lone Star will make sure each gymnastics club that has athletes competing is notified and all correct and necessary information is received.

BAR

SETTINGS: Bar settings may be obtained during the general stretch time prior to each session. Bar settings will be timed at approx. 30 seconds per athlete to ensure everyone gets a setting. Coaches, please be a little prepared for this!

WARM-UPS: Each gymnast will be given **1 minute (Levels 5-6), 45 seconds (Level 4 NEW) and 30 seconds (Levels 2-3)** on both the bars and beam from the time the official timer starts the clock. All warm-ups will be timed and "block" timing by team will be used in all of the Pre-Competition timed Warm-Ups.

EQUIPMENT: Spieth Equipment on all apparatus and boards (Speith & AAI boards will be at Vault).

* All boards will stay on the apparatus assigned.

COACHES

MEETING: There will be coaches meetings prior to each session during the general stretch time of each session. All packets, numbers, rotation sheets, etc. will be handed out at that time. Coaches will not receive their packets if ALL Entry Fees have not been paid in full and/or USAG athlete and/or coach membership registration numbers are missing.

COMPETITION

AREA: Only team coaches, competing athletes, judges, and meet officials will be allowed on the competition floor. Please remind parents and non-competing team members of this rule.

SCORES: Scores from each session will be posted following the completion of each session.

AWARDS: There will be Individual and All Around awards presented to the athletes in each age division of each level following each competition session to the age groups that just competed. All Team awards will be presented at the end of the Level 4P, 5P & 6P sessions.

PARKING: There is ample parking on site. Please park only in marked spaces. (Thank You!)

ADMISSION: Admission will be **\$7.00 per day** for adults and **\$5.00 per day** for children under 12 years old and Seniors. This Fee structure is set up by the USAG Texas State Board.

CONCESSIONS: Concessions will be available at all sessions for your convenience.

VIDEO

CAMERAS: Due to a shortage of electrical outlets, only VCR's with battery packs should be used in the gym. Please alert your team parents with VCR's.

HOTEL

INFORMATION: The recommended lodging for the competition is:

Holiday Inn DFW
3005 West Airport Frwy.
Bedford, Texas 76021
(817) 267-3181