

## **\*\* COMPETITION INFORMATION \*\***

**MEET:** 2009 LEVEL 4 (PLACEMENT) NORTH TEXAS STATE CHAMPIONSHIPS

**DATE:** Saturday, November 7, 2009  
Sunday, November 8, 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 – Four events competing at once.

**ENTRY FEES:** **Entry Fees:** Level 4 Placement - **\$85.00 per individual athlete** entered.  
**This includes the \$30.00 Leotard Fees to the Region and State!**

**Team Entry Fee** is **\$35.00 per team entered** (Level 4 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

**\*\*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) **at the District Championships.**  
**Reminder** - All Texas Entry Forms must be typed and must include the following:  
A) Check for Indiv. & Team entered, B) your club's USAG athlete membership list,  
C) your club's professional membership list (coaches), D) **your club's T-Shirt Order Form and payment** (See T-Shirt Order Form and letter).

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:** [Level 4 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 posted on the Texas USAG Web site.
- 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 **.75 minute (45 seconds - Level 4)** 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 **may 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 last session.
- 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 Senior Citizens and children under 12 years old. 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:

Baymont Inn and Suite  
1450 West Airport Freeway  
Bedford, Texas 76022  
(817) 267-5200

Hampton Inn and Suites  
1600 Hurst Town Center  
Hurst, Texas 76054  
(817) 503-7777