

## 2019 Level 7 Regional Championships: April 5-7, 2019

**Meet Hotel:** LaQuinta Inn & Suites      1220 Park Place NE      Cedar Rapids, IA 52402  
**319-378-8000**  
<https://www.lq.com/en/hotels/iowa/cedar-rapids/cedar-rapids>

**\*Please call the hotel directly to book the rooms you need.** We do NOT have a block of rooms reserved for IGM, however, many level 7 families have chosen to book rooms here. You do not have to book at LaQuinta if you prefer to stay elsewhere.

**Meet Leotards:** **Black and pink MN tank leotard -AND- IGM competition leotard**  
\*Please **bring both leotards** just in case! Plan to compete in the MN leo.  
<http://www.gymtreasures.com/2019-level-6-7-xcel-mn-state-leotard>  
(if you need to order an MN leotard)

**Meet Location:** GameOn Sports      4655 Tower Terrace Rd. NE      Cedar Rapids, IA 52411  
(directly behind host gym Twisters Gymnastics)

**Parking:** Available on-site

<b>Admission:</b>	1-day pass	2-day pass
Adults (ages 13-64):	\$20	\$35
Children (5-15)and seniors (65+):	\$10	\$25
Children 4 and under:	free	free

**Arrive:** Please try to have your gymnast check in 15-30 minutes prior to the start of warm up. We would rather be early with extra time to prepare than rushed and unfocused for the competition.

All gymnasts check in with their coaches on the floor.  
Please bring your gymnast into the venue and connect her with her coach/team.

**Wear:** **Black and pink MN tank leotard under IGM warm-ups (pants and jacket)**  
Competition hair (completely pulled back and secured out of face with clips/hairspray)  
\*Any style (braids, bun, ponytail, etc.) is fine!  
Nude color undergarments (if your gymnast wears these)

**DON'T Wear:** Nail polish, make-up, temporary tattoos or jewelry (deductions can be taken!).

**Bring:** IGM team backpack or bag (to hold shoes, grips, warm-ups, etc.)  
IGM Competition Leo (just in case!!)  
GRIPS! (Remember to grab them from the gym!!)  
Water bottle  
Healthy, nut-free snack  
Your gymnast's USAG membership card (in case!)

**Meet Results:** Live results posted on MyUSAGym App.

**Level 7 schedule, Friday, April 5, 2019:**

**Session 1: Flight B (Susie, Jules)**

Check-in:	2:00-2:30pm
Open Warmup:	2:30pm
Introduction:	2:50pm
Awards:	5:45pm

**Session 2: Flight B (Brooklyn, Brynn, Olivia)**

Check-in:	5:50-6:20pm
Open Warmup:	6:20pm
Introduction:	6:40pm
Awards:	9:50pm