

## 2019 Level 8-10 Regional Championships: April 12-14, 2019

<b>Meet Hotels:</b>	<b>Isle Casino &amp; Hotel, Bettendorf, IA</b> 1-800-THE-ISLE	<a href="#">Isle Casino &amp; Hotel</a>
	<b>Blackhawk Hotel, Davenport, IA</b> 563-484-5906	<a href="#">Blackhawk Marriott</a>
	<b>Hampton Inn &amp; Suites, Davenport, IA</b> 563-441-0001	<a href="#">Hampton Inn by Hilton</a>

**\*Please call the hotels directly or use the links above to book the rooms you need.** We do not have a block of rooms reserved for IGM. You do not have to book at the meet hotels if you prefer to stay elsewhere.

**Meet Location:** TBK SPORTS COMPLEX      4850 Competition Drive      Bettendorf, IA 52722

**Parking:** Free on-site

**Admission:**

1 day pass:	\$20 (adults)	\$15 (Children 5-12 and seniors)
2 days:	\$35 (adults)	\$25 (Children 5-12 and seniors)
3 days:	\$45 (adults)	\$35 (Children 5-12 and seniors)
Children under 5 free		

**Programs:** \$5

**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:** IGM competition 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.)  
GRIPS! (Remember to grab them from the gym!!)  
Water bottle  
Healthy, nut-free snack  
Your gymnast's USAG membership card

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

**Friday, April 12, 2019:**

**Session 03: Level 10 (Aneta – JrC division)**

Check-in:	2:20-2:50pm
Open Warmup:	2:50pm
March In:	3:10pm
Timed Warmup:	3:10pm
Awards:	6:05pm

**Sunday, April 14, 2019:**

**Session B10: Level 8 (Jamie – Jr3 division)**

Check-in:	11:00-11:30am
Open Warmup:	11:30am
March In:	11:50am
Timed Warmup:	11:50am
Awards:	2:30pm