

2019 Chow's Winter Classic – January 18-20, 2019: JO and XCEL Teams

Location: IOWA State Fairgrounds Richard O. Jacobson Exhibition Center
3000 E Grand Avenue Des Moines, IA 50317

Parking: Free in lots next to Jacobson Center

<u>Admission:</u>	1-day pass:	Weekend pass:
Adults	\$14	\$20
Students (5-12)	\$10	\$12
Senior Citizens (65+)	\$12	\$15
Military/Veterans	\$12	\$15
Children (4 & under)	Free	Free

Arrive: Please try to have your gymnasts 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: **Competition leotard under 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 (in case!)

Friday, January 18, 2019

Session 1W2 White Gym LEVEL 4

Check-in: 1:15-1:45pm
Open Stretch: 1:45pm
Introductions: 2:00pm
Competition: 2:10pm Awards to follow (4:30pm)

Session 1W3 White Gym LEVEL 5

Check-in: 4:30-5:00pm
Open Stretch: 5:00pm
Introductions: 5:15pm
Competition: 5:25pm Awards to follow (6:45pm)

Saturday, January 19, 2019

Session 2R1 Red Gym LEVEL 7

Check-in: 7:30-8:00am
Open Stretch: 8:00am
Introductions: 8:15am
Competition: 8:25am Awards to follow (11:30am)

Session 2R2 Red Gym LEVEL 8

Check-in: 11:30am-12:00pm
Open Stretch: 12:00pm
Introductions: 12:20pm
Competition: 12:30pm Awards to follow (2:30pm)

Saturday, January 19, continued:

Session 2W3 White Gym XCEL PLATINUM

Check-in: 2:45-3:15pm
Open Stretch: 3:15pm
Introductions: 3:30pm
Competition: 3:40pm Awards to follow (5:45pm)

Session 2R4 Red Gym LEVEL 10

Check-in: 5:00-5:30pm
Open Stretch: 5:30pm
Introductions: 5:50pm
Competition: 6:00pm Awards to follow (8:00pm)

Session 2W4 White Gym XCEL DIAMOND

Check-in: 5:45-6:15pm
Open Stretch: 6:15pm
Introductions: 6:30pm
Competition: 6:40pm Awards to follow (8:20pm)

Sunday, January 20, 2019:

Session 3W1 White Gym XCEL GOLD

Check-in: 7:30-8:00am
Open Stretch: 8:00am
Introductions: 8:15am
Competition: 8:25am Awards to follow (11:40am)

Sunday, January 20, continued:

Session 3R2 Red Gym XCEL SILVER

Check-in: 11:30am-12:00pm
Open Stretch: 12:00pm
Introductions: 12:15pm
Competition: 12:25pm Awards to follow (2:40pm)

Session 3R4 Red Gym LEVEL 3

Check-in: 5:30-6:00pm
Open Stretch: 6:00pm
Introductions: 6:15pm
Competition: 6:25pm Awards to follow (7:30pm)