

**2019 Daytona Beach Open : JO and XCEL Teams, February 9-10, 2019**

**Location:** The Ocean Center  
101 N Atlantic Ave.  
Daytona Beach, FL 32118

**Parking:** Ocean Center West Lot, \$5.00/day  
  
(or Ocean Walk parking garage, between Ocean Center and Hilton hotel)

**Admission:** Adults, \$20.00 and children, \$15.00

**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!)

**Saturday, February 9, 2019**

**Session A1                      Gym A                      LEVEL 8**

**Check-in:**                      7:30-8:00am  
**Open Stretch:**                      8:00am  
**Warm-up:**                      8:20am  
**Competition:**                      8:30-11:00am                      Awards to follow

**Session A3                      Gym A                      LEVEL 9**

**Check-in:**                      1:30-2:00pm  
**Open Stretch:**                      2:00pm  
**Warm-up:**                      2:20pm  
**Competition:**                      2:30-5:00pm                      Awards to follow

**Session A4                      Gym A                      LEVEL 10**

**Check-in:**                      4:30-5:00pm  
**Open Stretch:**                      5:00pm  
**Warm-up:**                      5:20pm  
**Competition:**                      5:30-8:00pm                      Awards to follow

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**Sunday, February 10, 2019**

**Session A5                      Gym A                      LEVEL 7**

**Check-in:**                      7:30-8:00am  
**Open Stretch:**                      8:00am  
**Warm-up:**                      8:20am  
**Competition:**                      8:30-11:00am                      Awards to follow

**Sunday, February 10, continued:**

**Session A7                      Gym A                      XCEL PLATINUM and DIAMOND**

**Check-in:**                      1:30-2:00pm  
**Open Stretch:**                      2:00pm  
**Warm-up:**                      2:20pm  
**Competition:**                      2:30-4:30pm                      Awards to follow

**Session B5                      Gym B                      XCEL SILVER**

**Check-in:**                      10:00-10:30am  
**Open Stretch:**                      10:30am  
**Warm-up:**                      10:50am  
**Competition:**                      11:00am-1:30pm                      Awards to follow

**Session B6                      Gym B                      XCEL GOLD**

**Check-in:**                      1:00-1:30pm  
**Open Stretch:**                      1:30pm  
**Warm-up:**                      1:50pm  
**Competition:**                      2:00-5:00pm                      Awards to follow