

2018 Fall Spectacular / Classic Gymnastics

Location: Colin Powell Center 2924 4th Ave S Minneapolis, MN 55408
Parking: in parking ramp on 4th Ave. S (just north of Colin Powell Center – 5 minute outdoor walk)
Admission: (plan to have cash – meet organizers did not communicate prices in advance)

DATE & TIME: **Saturday, November 3, 2018**

LEVEL 4 *Session 1

Check in/doors open	7:45am – 8:00am
Open Stretch	8:00am
March in:	8:30am
1 st event warm up:	8:45am
Competition:	9:00am – 11:20am
Awards:	11:30am

LEVEL 3 *Session 2

Check in	11:00am – 11:30am
Open Stretch	11:30am
March in:	12:00pm
1 st Event Warm-up	12:10pm
Competition	12:25pm
Awards	2:30pm

LEVEL 5 *Session 3

Check in	2:00pm – 2:30pm
Open Stretch	2:30pm
March in:	3:00pm
1 st Event Warm-up	3:10pm
Competition	3:25pm
Awards	6:30pm

Arrive: Please try to have your gymnasts arrive **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.

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 snack (no nuts! – and no sugary snacks during competition)

Your daughter's USAG membership card (in case! Some meets will require it.)