

**2019 Legacy Luau, January 25-27, 2019: JO and XCEL Teams**

**Location:** Minnesota State Fairgrounds Warner Coliseum  
1784 Judson Ave. St. Paul, MN 55108

**Parking:** Free on-street parking around the Coliseum

**Admission:** CASH ONLY! – plan ahead!

Adults	\$15		
Senior Citizens (65+)	\$6		
Children (6 and up)	\$5		
Children (under 6)	Free		
Programs	\$3	Gymnast “Aloha Grams”	\$5

**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:** **A flower lei and sunglasses for march-in!**

**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!)



**Session 8B**                      **MAUI Gym, Flight B**                      **XCEL DIAMOND**

**Check-in:**                      7:30-8:00am  
**Open Warm-up:**                      8:00am  
**Timed Warm-up:**                      8:20am  
**March-in:**                      8:35am                      **Awards:**                      11:00am

**Session 9A**                      **OAHU Gym, Flight A**                      **XCEL SILVER**

**Check-in:**                      10:30-11:00am  
**Open Warm-up:**                      11:00am  
**Timed Warm-up:**                      11:15am  
**March-in:**                      11:25am                      **Awards:**                      2:30pm

**Session 10A**                      **OAHU Gym, Flight B**                      **XCEL GOLD**

**Check-in:**                      2:00-2:30pm  
**Open Warm-up:**                      2:30pm  
**Timed Warm-up:**                      2:45pm  
**March-in:**                      2:55pm                      **Awards:**                      6:00pm

**Session 11A**                      **OAHU Gym, Flight B**                      **XCEL PLATINUM**

**Check-in:**                      5:30-6:00pm  
**Open Warm-up:**                      6:00pm  
**Timed Warm-up:**                      6:20pm  
**March-in:**                      6:35pm                      **Awards:**                      9:00pm