

2018 Piper Preview

LOCATION: Walker Field House – Hamline University – 1550 Taylor Ave., St. Paul, MN 55104

DATE & TIME:

Level 3's: **Sunday, September 23, 2018** ***Session 5**

Check in 11:00 – 11:30am
Open Stretch 11:30 – 11:45am
March in 11:45am – 11:55am
Competition 11:55am – 1:15pm
Awards 1:25pm

Level 4's: **Sunday, September 23, 2018** ***Session 4**

Check in 7:30am – 8:00am
Open Stretch 8:00am – 8:15am
March in 8:15am – 8:25am
Competition 8:25am – 10:45am
Awards 10:55am

Level 5's: **Saturday, September 22, 2018** ***Session 2**

Check in 11:15 – 11:45am
Open Stretch 11:45am – 12:00pm
March in 12:00 – 12:10pm
Competition 12:10 – 2:10pm
Awards 2:20pm

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 first 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.)