

2018 Razzle Dazzle / Legacy Gymnastics

Location: Northern Council Base Camp 6202 Bloomington Road
(Ft. Snelling) St/ Paul, MN 55111

Parking: in front of Base Camp building, on streets or in visitor lots around Base Camp

Admission: **Cash only (credit cards and checks NOT accepted)**

Adults, \$12 Seniors (65+), \$10 Students (6-17), \$6 5 & under, Free

DATE & TIME: **Sunday, October 14, 2018**

LEVEL 3

***Session 4**

Check in/doors open	7:45am – 8:00am
Open Stretch	8:00am – 8:15am
1 st Event Warm-up	8:15am – 8:25am
March-in/Competition	8:25am
Awards	11:30am

LEVEL 5

***Session 5**

Check in	11:30am – 12:00pm
Open Stretch	12:00pm – 12:15pm
1 st Event Warm-up	12:15pm – 12:25pm
March-in/Competition	12:25pm
Awards	3:30pm

LEVEL 4

***Session 6**

Check in	3:30pm – 4:00pm
Open Stretch	4:00pm – 4:15pm
1 st Event Warm-up	4:15pm – 4:25pm
March-in/Competition	4:25pm
Awards	7:30pm

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.)