

2019 Rising Stars Meet : JO and XCEL Teams, March 9-10, 2019

Location: **Colin Powell Center** 2924 4th Ave. S. Minneapolis, MN 55408

Parking: Free in Wells Fargo parking ramp (5-minute walk north of the center on 4th Ave.)

Admission: **CASH ONLY** (ATM next door if needed)
Adults: \$15 (\$25 – two-day pass)
Students and seniors: \$10 (\$15 – two day pass)
Children 4 and under: free

Arrive: **DAYLIGHT SAVINGS WEEKEND!**
SUNDAY GROUPS, PLEASE SET YOUR CLOCKS ACCORDINGLY!
Please try to have your gymnast 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, March 9, 2019:

	SESSION 1P	PURPLE GYM	LEVELS 7 & 8
Doors open:	8:30am		
Open Stretch:	9:00am		
Team Introduction:	9:20am		
1st event warm-up:	9:25am		
Competition:	9:40am-12:30pm		*Awards to follow

Saturday, March 9, continued:

SESSION 2P PURPLE GYM LEVELS 9 & 10

Open Stretch: 1:00pm
Team Introduction: 1:20pm
1st event warm-up: 1:25pm
Competition: 1:40-4:20pm *Awards to follow

SESSION 3G GREEN GYM XCEL PLATINUM & DIAMOND

Open Stretch: 4:15pm
Team Introduction: 4:35pm
1st event warm-up: 4:40pm
Competition: 5:00-8:30pm *Awards to follow

Sunday, March 10, 2019: DAYLIGHT SAVINGS! SET CLOCKS AHEAD 1 HOUR!

SESSION 4G GREEN GYM XCEL BRONZE

Doors open: 8:30am
Open Stretch: 9:00am
Team Introduction: 9:20am
1st event warm-up: 9:25am
Competition: 9:30 – 11:00am *Awards to follow

SESSION 5G GREEN GYM XCEL SILVER & GOLD

Open Stretch: 11:30am
Team Introduction: 11:50am
1st event warm-up: 11:55am
Competition: 12:05-2:50pm *Awards to follow