



Tentative Session Schedule: 2019 Xcel Bronze & Level 1-3 State Meet

Host: Top Gun

**Meet Venue: Plymouth HS
86 Old Ward Bridge Road
Plymouth, NH**

Saturday, May 4:	Level	Age Divisions	Open Stretch	March-in
Session 1	Xcel Bronze	TBD	8:30 am	8:50 am
Session 2	Xcel Bronze	TBD	11:00 am	11:20 am
Session 3	Xcel Bronze	TBD	1:30 pm	1:50 pm
Session 4	Xcel Bronze	TBD	4:00 pm	4:20 pm
Sunday, May 5:	Level	Age Divisions	Open Stretch	March-In
Session 5	Level 3	TBD	9:00 am	9:20 am
Session 6	Level 3	TBD	11:30 am	11:50 am
Session 7	Level 1 & 2	TBD	2:00 pm	2:20 pm

Admission: **Single Session:** \$10 adults, \$6 children and seniors, \$30 family rate (immediate family only)

Single Day: \$20 adults. \$10 children and seniors. \$55 family rate (immediate family only)

NO charge for children under 5.

All current USAG athletes will receive free admission to all sessions



2019 Xcel Bronze & Level 1-3 State Meet

Host: Top Gun

Meet Venue: Plymouth HS
86 Old Ward Bridge Road
Plymouth, NH

ALL COACHES MUST BE REGISTERED THROUGH USA GYMNASTICS MEET RESERVATION TO BE ALLOWED ON THE FLOOR – NO EXCEPTIONS

- All sessions will be modified capital cup (warm-up/compete) with continuous rotation
- Starting events for each squad as well as competition order within each squad will be drawn at random by the meet scoring program.
- 2 sets equipment (AAI VT & UB, Mancino BB and FX). 12 cm mats
- Only coaches of competing athletes will be allowed on the floor.
- Athletes attending sessions in which they are not competing must remain in the spectator area.
- All warm-ups will be timed including vault and floor per R & P
- Per R & P, competition order must be followed. Warm-ups for each flight may be conducted in any order as long as the first competitor warms up first.
- Gymnasts will march-in after general stretch. Timed warm-ups will follow march-in. Competition will begin immediately after timed warm-ups.
- Awards: 40% placement for Events and All Around. Age groups TBD based on registration. The age determination date is the State Meet. All ties will be broken per R & P.
- Team Competition: Small and Large team divisions for Xcel Bronze and Level 3
 - No team competition for level 1 & 2
- Results will be posted on www.meetscoresonline.com
- Hospitality will be available both days



USA Gymnastics NH is proud to partner with David's House, a non-profit organization that provides a home-away-from-home and support for families with children receiving treatment through the Children's Hospital at Dartmouth-Hitchcock Medical Center. Thousands of families throughout our communities have benefitted from their compassionate and caring services.

At each of the 2019 State Championships we will be raising **Dollars for David's House** – please help us reach (and hopefully exceed) our goal of \$3,000 – that's just \$1 raised for each spectator that comes to watch our athletes – together we can do this!!!