



## Session Schedule: 2019 Level 4-10 & XD State Championship

**Host: NH USAG**

**Meet Venue: Pelham High School  
85 Marsh Road  
Pelham, NH**

<b>Saturday, March 16:</b>	<b>Level</b>	<b>Check-in</b>	<b>Open Stretch</b>	<b>March-in</b>
Session 1	Level 7	8:45 am	9:00 am	9:25 am
Session 2	Level 8	12:30 pm	12:45 pm	1:10 pm
Session 3	Level 9/10 & Xcel Diamond	4:15 pm	4:30 pm	5:00 pm
<b>Sunday, March 17:</b>	<b>Level</b>	<b>Check-in</b>	<b>Open Stretch</b>	<b>March-in</b>
Session 4	Level 4: <ul style="list-style-type: none"> <li>• 7, 8, 9 and 10 year olds</li> </ul>	8:45 am	9:00 am	9:25 am
Session 5	Level 4: <ul style="list-style-type: none"> <li>• 11 and older</li> </ul> Level 5: <ul style="list-style-type: none"> <li>• All gymnasts</li> </ul>	12:15 pm	12:30 pm	12:55 pm
Session 6	Level 6	3:30 pm	3:45 pm	4:10 pm

**Admission:** **Single Session:** \$12 adults, \$8 children and seniors, \$40 family rate (immediate family only)

**Single Day:** \$20 adults. \$12 children and seniors. \$55 family rate (immediate family only)

**All weekend pass:** \$30 adults, \$20 children and seniors, \$75 family rate (immediate family rate)

NO charge for children under 5.

**All current USAG athletes will receive free admission to all sessions**



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- **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. Event specialists will compete first within their squad.
- 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.
- It is the coach's responsibility to flash the correct number for the optional vault the gymnast performs for levels 8-10.
- Awards: 40% placement for Events and All Around. See the age groups on the next page. The age determination date is the last day of the culminating competition of the season, except level 9 & 10 which is the date of the state meet. All ties will be broken per R & P.
- Team Awards: 40% placement. Team Competition for Levels 4-9 and XD will count 3 scores (there is no team competition for level 10).
- Results will be posted on [www.meetscoresonline.com](http://www.meetscoresonline.com)
- Athletic trainer will be on-site throughout the competition
- Hospitality will be available both days
- Seniors will be recognized along with their families and coaches.



## **2019 Level 4-10 & XD State Championships – Age Groups – 40% placement**

### **Level 4: Age determination date is March 17**

- 7-8
- 9 – younger
- 9– older
- 10– younger
- 10– older
- 11
- 12 and older

### **Level 5: Age determination date is March 17**

- 11 and younger
- 12 and older

### **Level 6: Age determination date is March 17**

- 10 and younger
- 11
- 12
- 13
- 14 and older

### **Level 7: Age determination date is April 7**

- 11 and younger
- 12 -13
- 14 and older

### **Level 8: Age determination date is April 6**

- 12 and younger
- 13-14
- 15 and older



**Level 9: Age determination date is March 16**

- 15 and younger
- 16 and older

**Level 10: Age determination date is March 16**

- One age group – all athletes

**REGIONAL CHAMPIONSHIP INFORMATION:**

**2019 JO Regional Championships: MassMutual Center, Springfield, MA**

**Level 7 and 8 - April 6-7**

**Level 9-10 – April 12-14**

**2019 Xcel Regional Championships: Shrewsbury HS, Shrewsbury, MA**

**Xcel Diamond – May 18-19**

**NH Regional Qualification:**

**Level 7: Top 7 AA athletes regardless of age division will qualify and represent NH as the Super Seven State Team. The next additional 6 AA athletes, regardless of age division will qualify as all stars.**

**Level 8: Top 7 AA athletes regardless of age division will qualify and represent NH as the Super Seven State Team. The next additional 6 AA athletes, regardless of age division will qualify as all stars.**

**Level 9 & 10: Regional Qualifying Score: All around: 34.00. Specialists: 9.0 per event.**

**Xcel Diamond: Top 7 AA athletes regardless of age division will qualify and represent NH as the Super Seven State Team. The next additional 2 AA athletes, regardless of age division will qualify as all stars.**



Regional qualifiers will be announced at awards. All regional qualifiers **MUST** stay to be sized for regional apparel. To receive the regional apparel, the athlete must accept their qualification spot with the intention to compete. In the event that a level 7, level 8 or Xcel Diamond regional qualifier does not accept their spot, the next highest AA will fulfill their position.

**Coaches Attire:** Coaches of regional qualifiers will be given 2 sets of coaching attire (shirt and jacket) per level with a **TOTAL** max of 4 per club (JO and Xcel combined). Additional coaches apparel can be purchased.

Regional Championship Packets are posted on the Region 6 website.



Ice Cream Social

**ICE CREAM SOCIAL:** USA Gymnastics NH will be hosting our annual free Ice Cream Social for **ALL NH GYMNASTS** at the conclusion of the Level 9, 10 & XD session on Saturday night. Please encourage your gymnasts to come out and support the Level 9-10 & XD athletes!!!



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!!!