

# Technique Gymnastics

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## General Information for 2004 Level 9/10 Regionals

**Dates:** April 2-4, 2004

**Meet Site:** CSU Sacramento, North & South Gyms See website for directions.

**Parking:** Parking is free on Saturday & Sunday. It is being enforced on Friday because classes are still in session. Parking permits can be purchased at self-serve kiosks for \$2.25

**Session Schedule:** More detailed times and complete rosters are available on the website.

#1	Friday	Lvl 10	Jr. A (18)	Jr. B (20)	Stretch 6:00 pm	M-In 6:30 pm
#2	Saturday	Lvl 10	Jr. C (26)	Jr. D (27)	Stretch 8:00 am	M-In 8:30 am
#3	Saturday	Lvl 10	Sr. A (21)	Sr. C (21)	Stretch 1:00 pm	M-In 1:30 pm
#4	Saturday	Lvl 10	Sr. B (23)	Sr. D (26)	Stretch 5:00 pm	M-In 5:30 pm
#5	Sunday	Lvl 9	Jr. A (35)	Jr. C (32)	Stretch 8:00 am	M-In 8:30 am
#6	Sunday	Lvl 9	Jr. B (42)	Sr. A (46)	Stretch 11:30 am	M-In 12:00 pm
#7	Sunday	Lvl 9	Sr. B (43)	Sr. C (31)	Stretch 3:45 pm	M-In 4:15 pm

**Open Workout:** The equipment will be available on Friday from 9:30 am until 3:00 pm. Workout time at Technique can be arranged also. See website for details.

**Meet Format:** Capitol Cup, AAI equipment.  
The Level 10 sessions will all compete in the South Gym at CSUS. Four judge panels.  
For the Level 9 sessions the judges will split into 2 judge panels. Two separate meets will be held simultaneously (divided by age group). All competition will be held in the South gym with the exception of Floor. The younger age group each session will compete Floor only down the hall in the North gym. Floor scores for the Level 9's will be flashed in both gyms.

**Gymnast Check In:** Competitors may check in at Admissions up to 30 minutes before the start of each Open Stretch. This is also where they'll receive their T-shirt coupons. Note: Only competing gymnasts in that session will be allowed on the floor. All others must be in the bleachers. Thanks for understanding.

**Coaches Meeting:** There will be a coaches meeting each session during the 20 minute Open Stretch. Gym rosters must be checked & signed off prior to receiving a rotation schedule. No packets. Please have your Pro Number visible. All coaches listed on your entry form will be verified. Check the website to make sure we have only your attending coaches listed.

Keep checking back for updated info. There is not enough time to mail final info to all the clubs. Congratulations and good luck to all the competitors. We're looking forward to seeing all of you at Regionals in just a few days!

P.J. Slater