

2009 Level 8-10 Region 1 Championships

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General Info for Coaches of 2009 Level 8-10 Regionals

Dates: April 17-19, 2009

Meet Site: The Pavillion @ Cal Expo
1600 Exposition Blvd, Sacramento, CA 95815
Detailed directions are on the website. Meet site is approx. 18 miles from the Sacramento Int'l airport.

Session Schedule: Sessions CAN'T be determined until we have the final numbers and age breakdowns from all 5 of the State meets. The last meet is Sunday, April 5th. Regional sessions will be on Friday, Saturday and Sunday. Level 8's will compete at the same time as L9 & 10 in the other gym. Keep checking the website for updated info. There will NOT be time to mail information to the gyms.

Workout: Workout will be offered at the meet site on Thursday and possibly Friday morning. Time TBD after sessions are finalized. Technique Gymnastics will also be offered for training Monday – Saturday. Contact Lisa at the above phone if you are interested in training at Technique. It is a 20 minute drive (14 miles) from the meet site to Technique.

Meet Format: Modified Capitol Cup on all AAI equipment.

Credentials/Check In: Competitors & coaches must check in at least 30 minutes before the start of each Open Stretch. This is also where they'll receive their credentials and T-shirt coupons. Note: Only competing gymnasts in THAT session will be allowed on the floor. All others must be in the stands. Thanks for understanding.

Coaches Meeting: There will be a coaches meeting each session during Open Stretch. Gym rosters must be checked & signed off. No packets. Please make sure all coaches are current with Pro, Safety & Background. All coaches listed on your entry form will be verified. Check the website to make sure we have only your attending coaches listed.

We are looking forward to seeing all of you at Regionals in just a few days! Keep checking back for updated info. Remind parents that all correspondence must come through their coach.

Congratulations and good luck to all the competitors.