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2009-2010**

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|      |   |             |   |                                 |                                |
|------|---|-------------|---|---------------------------------|--------------------------------|
| 2/19 | Wolfpack Gymnastics/<br>Killians, Inc.                        | Raleigh     | Sweetheart Meet @ NCSU                      | Levels 7-Open                   | \$80<br>\$45/team of 4         |
| 2/20 | Hahn's Gymnastics   | Arden       | Snowflake Fantasy                           | Levels 3-10, All Preps          | \$55 Team \$35                 |
| 2/20 | Raleigh School of Gymnastics                                  | Raleigh     | Winter Invitational                         | Levels 1-10, All Preps          | \$50-60                        |
| 2/20 | Shooting Stars Gymnastics                                     | Hickory     | Carolina Challenge                          | Levels 2-Open                   | \$40-85                        |
| 2/20 | Knightdale Gymnastics   | Knightdale  | Brittany Coppedge Invite                    | Levels 1-8, All preps           | \$60                           |
| 2/20 | Apex Gymnastics   | Apex        | Banana Split Meet                           | Levels 2-10, All Preps          | \$55 Team \$35                 |
| 2/27 | <b>Last Qualifier for Rookies</b><br>North Raleigh Gymnastics | Raleigh     | Peace, Love, & Gymnas-<br>tics Invitational | Levels 2-10, All Preps          | \$65 Team \$40                 |
| 2/27 | Port City Gymnastics  | Wilmington  | Hang 10.0                                   | Levels 3-10, All Preps          | \$75-\$80                      |
| 3/6  | <b>Last Qualifier for 7-10 &amp; Prp</b><br>Impact Athletics  | Cary        | 2010 Mardi Gras                             | Levels 3-10, All Preps          | Lv 3-6 \$50<br>Opts. \$60      |
| 3/6  | Raleigh School of Gymnastics                                  | Raleigh     | St. Patrick's Day Invite                    | Levels 1-10, All Preps          | \$50-60                        |
| 3/6  | KPAC Gymnastics   | Statesville | KPAC Cup                                    | Levels 2-10, All Preps          | \$75                           |
| 3/6  | First In Flight   | Gastonia    | First in Flight Invitational                | Levels 4-10, All Preps          | Lv 4-6 \$55<br>Optionals \$ 60 |
| 3/13 | North Raleigh Gymnastics                                      | Raleigh     | Rookie State Meet                           | Rookies (in gym)                | \$50                           |
| 3/19 | Port City Gymnastics  | Wilmington  | Level 7-10 States                           | Levels 7-10 (outside<br>venue)  | \$70                           |
| 3/26 | KPAC Gymnastics   | Statesville | Novice , Premier, Prep I<br>State Meet      | Novice-PrepI(outside-<br>venue) | \$60                           |



# NC USA Gymnastics

2009-2010 Women's Program Competitive Guidelines

**NC-USAG.ORG**  
kone

webmaster—Jack Panya-

August 2009

## QUICK FACTS

### Qualifying Scores for States Levels:

|              |                 |
|--------------|-----------------|
| 4 - 32.00 AA | Prep Opt        |
| 5 - 32.00 AA | Rk1 - 30.00 AA  |
| 6 - 31.00 AA | Rk2 - 32.00 AA  |
| 7 - 31.00 AA | Nov - 31.00 AA  |
| 8 - 32.00 AA | Prm - 31.00 AA  |
| 9 - 32.00 AA | Prp1 - 31.00 AA |
| 10-32.00 AA  |                 |

Gymnasts may qualify from an in-state sanctioned Board-approved Qualifier or from a sanctioned out of state meet. Send proof of scores to Jack Panyakone and Jennie Adams for out of state meets. Prep Optional gymnasts may only qualify from an in-state sanctioned Board-Approved Qualifier using NC Prep Optional rules., minimum of 2 judge panels.

## STATE MEET DATES & SITES

**December 4-6** Level 5/6 States  
Foothills Gymnastics—Hickory

**December 11-13** Level 4 States  
Stanly Co. Gymnastics

**March 12-14** Rookie States  
North Raleigh Gymnastics

**March 19-21** Level 7,8,9,10 States  
Port City Gymnastics—Wilmington

**March 26-27** Novice, Premier, &  
Prep I States  
KPAC Gymnastics—Statesville

## DECLARATION DATES

**The last qualifying date for each level.**  
A gymnast may 'tinker' with competing between two consecutive levels during the season, but must have qualified for the State Meet that she wishes to enter by the last qualifying date. See R&P, Declaration Date.

## STATE MEET INFORMATION

Bid Requirements:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>◆ Ability to run Capital Cup</li> <li>◆ Outside facility preferred</li> <li>◆ Successful meet experience</li> <li>◆ Awareness of geographical location &amp; state meet history</li> </ul> | <ul style="list-style-type: none"> <li>◆ Large competitive area</li> <li>◆ Good spectator seating</li> <li>◆ Good equipment</li> <li>◆ Quality competitive experience for gymnasts</li> </ul> |
|---|---|

- Coaches must use entry procedure chosen by the meet director.
- All entries must be in by midnight on the Monday following last qualifier for all levels. Late entries will be accepted along w/ a \$25 late fee per gymnasts if space is available until midnight on the Wednesday following the last qualifier. No entries will be allowed after the Wednesday deadline.
- State Meet schedules must be posted on the nc-usag.org website by Friday following the last qualifying weekend.
- Late team entries will be assessed a double entry fee.

### Meet Director Guidelines:

- Coaches must sign in. Credentials must be shown, but no need to be worn.
- \$2.50/gymnast competition fee + sanction report sent to NC-USAG w/in 2 wks.
- Meet results (in e-form) to panyakone.charter.net
- If meet is cancelled after Judge Request date (8-29) a \$100 fee is paid to NC-USAG.
- Hospitality should be provided for coaches & judges only (not for children).

### State Meet Directors:

- Team fee is \$35. Banners used for 1-3. MD choice for 4-10. NC-USAG purchases medals.
- \$4.00/gymnast meet fee to NC-USAG. Sanction report w/in 48 hrs. Financial report w/in 6 weeks.
- AA Medals awarded to all places @ Lv 4-6, & Preps.
- Medical person required on site during competition.
- Gate fee -\$5/adult/day, \$3/student/day, or \$12/family/day.

## NORTH CAROLINA GYMNAST REGISTRATION FEE

A **\$12 fee** per USAG registered athlete should be sent to NC-USAG @ 86 Rollo Rd., Grantsboro, NC 28529. Coaches are requested to complete the NC athlete registration form found on the **nc-usag.org** website or send a roster of names, levels, and athlete #'s. This fee may be collected at the same time athletes are being registered with USAG, but must be sent to NC-USAG before the season ending State Meet.

**JENNIE KENNEL ADAMS—STATE CHAIRPERSON**  
86 Rollo Road Grantsboro, NC 28529  
jenniekadams@coastalnet.com or jenniekadams@gmail.com  
252-514-5870 cell (preferred w/ txt) or 252-249-2825 h & fax

| Date      | Host Gymnastics Club          | City          | Meet Name                   | Levels                                    | Entry Fee                                    |
|-----------|-------------------------------|---------------|-----------------------------|---|--|
| 8/29      | Countryside Gymnastics        | Fayetteville  | Back to School Blast        | Levels 1-10<br>Sanctioned for Levels 4-10 | Lv 1-3 \$30<br>Lv 4-10 \$40<br>Team \$30     |
| 9/12      | Salem Gymnastics              | Winston-Salem | Salem Fall Classic          | Levels 3-6                                | \$60   |
| 9/18      | NC NAWGJ @ Langley Gymnastics | Angier        | Judges Cup                  | Levels 4-6                                | \$60   |
| 9/26      | Superior Gymnastics           | Morrisville   | Fall Fantasy                | Levels 2-6                                | Lv 2-3 \$50<br>Lv 4-6 \$60<br>Team \$40      |
| 9/26      | Raleigh School of Gymnastics  | Raleigh       | Autumn Invitational         | Levels 1-10, All Preps                    | Lv 2-3 \$50<br>Lv 4-6 \$55<br>Lv 7-10,P \$60 |
| 9/26      | Port City Gymnastics          | Wilmington    | Port City Classic           | Levels 3-6                                | \$70   |
| 9/26      | The Gym Company               | Mooreville    | Jungle Jam                  | Levels 4-6, All Preps                     | \$65 Team \$35                               |
| 9/26      | Shooting Stars Gymnastics     | Hickory       | Shooting Stars Invitational | Levels 2-6                                | Lv 2-3 \$40<br>Lv 4-6 \$65                   |
| 10/2      | Tumblebees Ultimate Gym       | Greensboro    | Tumblebees Stinger Classic  | Levels 4-6                                | \$60   |
| 10/3      | Foothills Gymnastics          | Hickory       | Foothills Fall Invite       | Levels 2-6, All Preps                     | \$55   |
| 10/3      | Knightdale Gymnastics         | Knightdale    | Bad Hair Invitational       | Levels 1-6                                | \$60   |
| 10/3      | Southeastern Gymnastics       | Weddington    | Salto Soleil Spectacular    | Levels 3-6                                | \$55   |
| 10/10     | Sanford Academy of Gymn.      | Sanford       | Brick City Invitational     | Levels 2-6                                | Lv 2-3 \$50<br>Lv 4-6 \$60<br>Team \$30      |
| 10/10     | Sonshine Gymnastics           | Holly Springs | Sonshine Invitational       | Levels 3-6                                | \$55 Team \$30                               |
| 10/10     | KPAC Gymnastics               | Statesville   | Lights, Camera, Action      | Levels 2-6                                | \$60   |
| Sat. Only | WFG Tri County Gymnastics     | Youngsville   | Tri County Fall Invite      | Levels 1-7, All Preps                     | Lv 1-3 \$45<br>Lv 4-7 & P \$50               |
| 10/17     | Kidsport Gymnastics           | Burlington    | Think Pink Invitational     | Levels 3-6                                | Lv 4-6 \$55<br>Team \$35                     |
| 10/17     | Bull City Gymnastics          | Durham        | Bull City Challenge         | Levels 3-6                                | \$60 Team \$30                               |
| 10/24     | Cabarrus County Gymnastics    | Concord       | Fall Frolic                 | Levels 3-6                                | \$55   |
| 10/24     | High Flight Gymnastics        | Asheville     | High Flight Invite          | Levels 2-10, All Preps                    | Lv 2-6 \$60<br>Lv 7-10, P \$70               |
| 10/24     | Everest Gymnastics            | Huntersville  | 4th Annual Challenge Cup    | Levels 3-6, All Preps                     | Lv 3-6 \$65<br>Opts. \$60<br>Team \$35       |
| 10/24     | Raleigh School of Gymnastics  | Raleigh       | Ghost & Goblin Invite       | Levels 1-10, All Preps                    | Lv 2-3 \$50<br>Lv 4-6 \$55<br>Lv 7-10,P \$60 |
| 10/31     | Artistic Gymnastics           | Garner        | Rocktoberfest               | Levels 3-6                                | \$55   |
| 10/31     | First In Flight               | Gastonia      | Flip or Treat               | Levels 4-6, All Preps                     | \$55 Team \$35                               |
| 11/6      | Hahn's Gymnastics             | Arden         | Rooster Rumble              | Levels 3-6, All Preps                     | \$55 Team \$35                               |
| 11/7      | High Point Gymnastics         | High Point    | High Point Classic          | Levels 3-6                                | \$65   |
| 11/7      | Top Notch Gymnastics          | Concord       | 1st Annual Mr. "O" Invite   | Levels 4-6                                | \$60   |
| 11/7      | Shooting Stars Gymnastics     | Hickory       | Harvest Hoedown             | Level 2-6                                 | Lv 2-3 \$40<br>Lv 4-6 \$65                   |

|       |   |                |                            |  |  |
|-------|---|----------------|----------------------------|--|--|
| 11/7  | Langley Gymnastics Training Cntr.                 | Angier         | Red, White, & Blue Meet    | Levels 3-6                                 | \$55   |
| 11/14 | Morgan's Gymnastics                               | Smithfield     | Old Skool Invitational     | Level 3-10 & All Preps                     | \$60 Team \$40                               |
| 11/13 | International Gymnastics                          | Matthews       | NC Training Camp           | Previos Level 7-10 Only                    | TBA  |
| 11/14 | Countryside Gymnastics                            | Fayetteville   | Liberty Invitational       | Levels 3-10, All Preps                     | \$55 Team \$30                               |
| 11/14 | Raleigh School of Gymnastics                      | Raleigh        | Capital City Invitational  | Levels 1-10, All Preps                     | Lv 2-3 \$50<br>Lv 4-6 \$55<br>Lv 7-10,P \$60 |
| 11/15 | Carolina Gymnastics Academy                       | Wilmington     | Stick It Invitational      | Levels 3-6                                 |  |
| 11/20 | <b>Last Qualifier for Comp. St.</b><br>Fun 2B Fit | Huntersville   | Winter Wonderland          | Leves 4-6                                  | \$60   |
| 11/21 | Artistic Gymnastics                               | Garner         | Thanksgiving Invite        | Levels 3-10, All Preps                     | \$55   |
| 11/20 | Salem Gymnastics                                  | Winston-Salem  | Turkey Tumble              | Levels 4-6                                 | \$70   |
| 12/4  | Foothills Gymnastics                              | Hickory        | Levels 5-6 States          | Levels 5-6 (in-gym)                        | \$55   |
| 12/11 | Stanly County Gymnastics                          | Albemarle      | Level 4 States             | Level 4 (outside venue)                    | \$60   |
| 12/19 | Salem Gymnastics                                  | Winston-Salem  | Twin City Classic          | Levels 7-10, All Preps                     | \$75   |
| 1/8   | NC NAWGJ  |                | Judges Cup                 | Levels 7-10, All Preps                     | Lv 7-10 \$65<br>Prep \$60                    |
| 1/16  | North Raleigh Gymnastics                          | Raleigh        | NRG Challenge              | Levels 2-10, All Preps                     | \$65 Team \$40                               |
| 1/22  | Kidsport Gymnastics                               | Burlington     | Think Pink Invitational    | Levels 3-10, All Preps                     | \$55 Team \$35                               |
| 1/23  | Raleigh School of Gymnastics                      | Raleigh        | New Year's Invitational    | Levels 1-10, All Preps                     | \$50-\$60                                    |
| 1/30  | Foothills Gymnastics                              | Hickory        | Foothills Frostbite Invite | Levels 2-10, All Preps                     | \$65   |
| 1/30  | Sanford Academy of Gymnastics                     | Sanford        | Brick City Winterfest      | Levels 3-10, All Preps                     | Lv 3-6 & P \$50<br>Lv 7-10 \$60              |
| 1/30  | Superior Gymnastics                               | Morrisville    | Superior Classic           | Levels 2-10, All Preps                     | \$50-60 Tm 440                               |
| 2/6   | The Gym Company                                   | Mooreville     | Gym Co. 500                | Levels 3-10, All Preps                     | \$65 Team \$35                               |
| 2/6   | Tumblebees Ultimate Gym.                          | Greensboro     | Tumblebees Invitational    | Levels 7-10, All Preps                     |  |
| 2/6   | Roses Gymnastics                                  | Greenville     | Winter Fun Meet            | Levels 7-10, All Preps                     |  |
| 2/7   | Carolina Gymnastics Academy                       | Wilmington     | Stick It Invitational      | Levels 7-8, All Preps                      |  |
| 2/12  | Flip Force Gymnastics                             | Kernersville   | Flip Force Invitational    | Levels 4-10, All Preps (girls & boys meet) | \$75   |
| 2/13  | Cabarrus County Gymnastics                        | Concord        | Winter Blast               | Levels 7-10, All Preps                     | \$65   |
| 2/13  | Top Notch Gymnastics                              | Concord        | Lovers Leap Invite         | Levels 2-10, All Preps                     | \$60   |
| 2/13  | WNC Activity Cntr Team Olympia                    | Hendersonville | Cupid Classic              | Levels 4-10, All Preps                     | \$65 Team \$35                               |