



**USAG Florida**  
**Level 7/PO State Championships**

**March 18—20, 2011**

*Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs FL 33065 Event Day Phone: 954.345.2200*

Twister Gymnastics and USA Competitions is proud to host this year's USAG Level 7 and Prep Optional State Championships. Please review the following items enclosed in this packet:

- 1. Coaches and General Information**
- 2. Competition Schedule**
- 3. Map to the Facility**

**Gym Rosters** will be emailed to each club with complete information. They will also be posted online (without birth-dates and USAG numbers, for athlete's security).

**Coaches, please double check your team rosters for the correct spelling of your athlete's names, date of birth & missing USAG numbers.** Should a birth date discrepancy be noticed after awards have been printed, no changes will be made as they are then considered verified and official. Should an athlete compete in a session other than the one designated by her birthday, her awards will be duplicated based on her group. These placements will not be published or announced and the scores may not contribute to the team total.

**Coaches, be sure to bring your USAG card,** for verification of your USAG Professional Membership, Safety Certification and Background Clearance Status. All coaches will be required to initial the USAG Coaches Sign In sheet.

**Coaches Attire:** At State Meets and above, the following dress code will be in place (*USAG dress code rules*).

Shoes—Closed toe athletic shoes.

Shorts—Athletic or tailored shorts with a 7" inseam.

Shirts—Collared or business casual with a gym logo. NO spaghetti straps, low cut tops or midriff revealing shirts.

Hats—No hats or visors are allowed to be worn.

Coaches who violate rules will be requested to leave the competition floor

**Awards ceremonies:** For Individual and All Around placement will take place within 5 minutes following the end of each session. Each session will present four award groups—50% + 1 awarded.

**Team awards:** Take place following the last competition session of each level (Prep Novice; after session 2, Prep Open; after session 5 and level 7; at the conclusion of the meet on Sunday evening. Teams may be separated into one, two or three divisions, depending upon the number of teams entered at each level. Divisions will be announced on March 8th, the day following the non-qualifying athlete drop deadline.

**Coaches hospitality:** Meals will be provided to the coaches in the hospitality room during applicable times throughout the event. Meal times will be posted.

**Parking**—The City of Coral Springs charges a parking fee of \$2.00.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you and your athletes the very best Championship experience!

Sincerely,

Randy Sikora  
Meet Director

Sharyn Strickland  
Event Coordinator  
877-341-9007  
[Strickgym@comcast.net](mailto:Strickgym@comcast.net)

Gary Anderson  
Floor Manager



[www.USACompetitions.com](http://www.USACompetitions.com)



## EVENT SCHEDULE

### Friday, March 18th

<b>Session 1</b>	<b>Level Prep Novice</b> <b>Age groups 1-4</b>	10:00am 10:45am	General Stretch and Warm up Competition Begins. Awards to follow
<b>Session 2</b>	<b>Level Prep Novice</b> <b>Age groups 5-8</b>	1:30pm 2:15pm	General Stretch and Warm up Competition Begins. Awards to follow

*\*Prep Novice Team awards follow session 2*

<b>Session 3</b>	<b>Level Prep Open</b> <b>Age groups 1-4</b>	5:00pm 5:45pm	General Stretch and Warm up Competition Begins. Awards to follow
------------------	---	------------------	---

### Saturday, March 19th

<b>Session 4</b>	<b>Level Prep Open</b> <b>Age groups 5-8</b>	8:00am 8:45am	General Stretch and Warm up Competition Begins. Awards to follow
<b>Session 5</b>	<b>Level Prep Open</b> <b>Age groups 9-12</b>	11:30am 12:15pm	General Stretch and Warm up Competition Begins. Awards to follow

*\*Prep Open Team awards follow session 5*

<b>Session 6</b>	<b>Level 7</b> <b>Age groups:</b> <b>8, 12, 14, 19</b>	3:00pm 3:45m	General Stretch and Warm up Competition Begins. Awards to follow
<b>Session 7</b>	<b>Level 7</b> <b>Age groups:</b> <b>3, 13, 15,20</b>	6:15pm 7:00pm	General Stretch and Warm up Competition Begins. Awards to follow

### Sunday, March 20th

<b>Session 8</b>	<b>Level 7</b> <b>Age groups:</b> <b>2, 9, 10, 18</b>	8:00am 8:45am	General Stretch and Warm up Competition Begins. Awards to follow
<b>Session 9</b>	<b>Level 7</b> <b>Age groups:</b> <b>1, 7, 11, 17</b>	11:15am 12:00pm	General Stretch and Warm up Competition Begins. Awards to follow
<b>Session 10</b>	<b>Level 7</b> <b>Age groups:</b> <b>4, 5, 6, 16</b>	2:30pm 3:15pm	General Stretch and Warm up Competition Begins. Awards to follow

*\*Level 7 Team awards follow session 10*



## Athlete Age Group Divisions

Prep Novice Age Group Birth Date Ranges	
<b>Gr 1:</b> 10/18/01 + younger	<b>Gr 5:</b> 07/14/99 - 03/18/00
<b>Gr 2:</b> 05/01/01 - 10/17/01	<b>Gr 6:</b> 11/28/98 - 07/13/99
<b>Gr 3:</b> 07/30/00 - 04/30/01	<b>Gr 7:</b> 10/4/97 - 11/27/98
<b>Gr 4:</b> 03/19/00 - 07/29/00	<b>Gr 8:</b> 09/30/94 - 10/03/97

Prep Open Age Group Birth Date Ranges	
<b>Gr 1:</b> 03/01/01 + younger	<b>Gr 7:</b> 10/27/98 - 04/02/99
<b>Gr 2:</b> 10/01/00 - 02/28/01	<b>Gr 8:</b> 05/22/98 - 10/26/98
<b>Gr 3:</b> 04/08/00 - 09/30/00	<b>Gr 9:</b> 11/25/97 - 05/21/98
<b>Gr 4:</b> 12/28/99 - 04/07/00	<b>Gr 10:</b> 06/22/97 - 11/24/97
<b>Gr 5:</b> 08/27/99 - 12/27/99	<b>Gr 11:</b> 10/31/96 - 06/21/97
<b>Gr 6:</b> 04/03/99 - 08/26/99	<b>Gr 12:</b> 11/10/92 - 10/30/96

Please check carefully to verify which group each of your athletes are in according to their birth date. Session assignments are also listed on your team rosters. If there is an incorrect birth date listed on your roster for one of your athletes, please notify us immediately, before the day of competition!

Level 7 Age Group Birth Date Ranges			
<b>Gr 1:</b> 08/02/01 + younger	<b>Gr 7:</b> 11/22/99 - 01/11/00	<b>Gr 13:</b> 05/20/98 - 08/03/98	<b>Gr 19:</b> 08/27/96 - 03/07/97
<b>Gr 2:</b> 02/25/01 - 08/01/01	<b>Gr 8:</b> 07/10/99 - 11/21/99	<b>Gr 14:</b> 04/09/98 - 05/19/98	<b>Gr 20:</b> 03/23/94 - 08/26/96
<b>Gr 3:</b> 09/28/00 - 02/24/01	<b>Gr 9:</b> 04/07/99 - 07/09/99	<b>Gr 15:</b> 01/28/98 - 04/08/98	
<b>Gr 4:</b> 06/12/00 - 09/27/00	<b>Gr 10:</b> 02/02/99 - 04/06/99	<b>Gr 16:</b> 10/15/97 - 01/27/98	
<b>Gr 5:</b> 03/02/00 - 06/11/00	<b>Gr 11:</b> 10/22/98 - 02/01/99	<b>Gr 17:</b> 08/08/97 - 10/14/97	
<b>Gr 6:</b> 01/12/00 - 03/01/00	<b>Gr 12:</b> 08/04/98 - 10/21/98	<b>Gr 18:</b> 03/08/97 - 08/07/97	



For competition results, visit [www.usacompetitions.com](http://www.usacompetitions.com)

# 2011 USAG FLORIDA Level 7/PO State Championships

Meet Site: Coral Springs Gymnasium  
2501 Coral Springs Drive  
Coral Springs, FL 33065 954.345.2201 or 954.345.2107

## Directions from I-95:

Take I-95 to Copans Road. Exit west on Copans (which becomes Royal Palm Blvd in Coral Springs) and continue to Coral Springs Drive. Turn right (head north) on Coral Springs Drive. The Coral Springs Gymnasium is on the right (east) side of the road.

## Directions from Florida Turnpike:

Take the Turnpike to Sample Road. Exit west on Sample Road and continue to Coral Springs Drive. Turn left at Coral Springs Drive (head south) and travel approximately 1/2 mile. The Coral Springs Gymnasium is on the left (east) side of the road.

## Directions from Sawgrass Expressway:

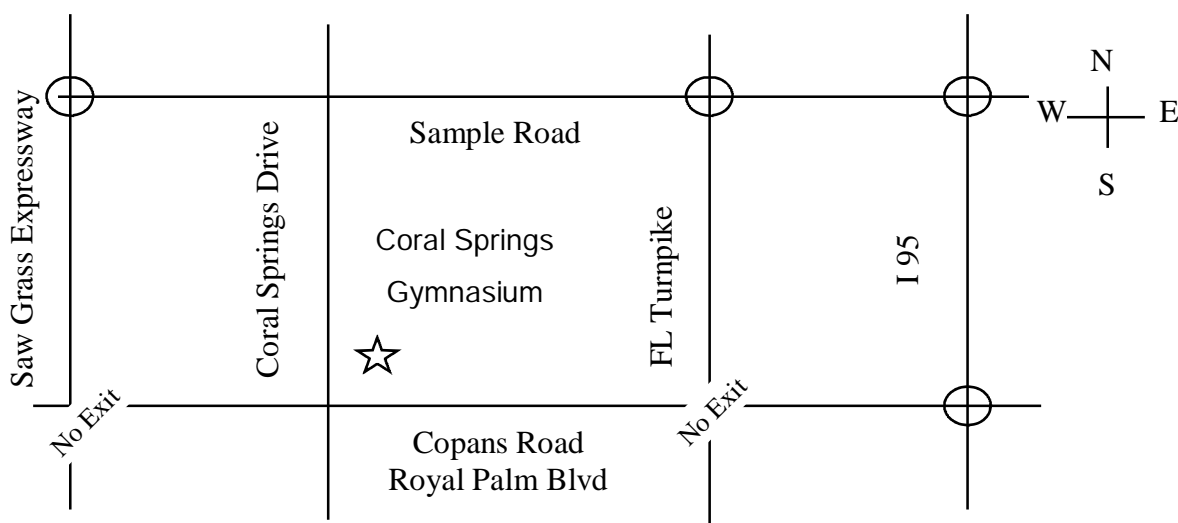
Take the Sawgrass Expressway to Sample Road. Exit east on Sample Road and continue to Coral Springs Drive. Turn right at Coral Springs Drive (head south) and travel approximately 1/2 mile. The Coral Springs Gymnasium is on the left (east) side of the road.



## Admissions

Adults, ages 13 and up: \$12.00  
Children, ages 5-12: \$7.00

**Children 4 and younger & competing athletes free**



## **For competition results, follow these simple steps:**

Visit [www.usacompetitions.com](http://www.usacompetitions.com)

Click on the orange "Competition Results" button

If you are already a member - enter your username and password

If you are not a member, please click on "Not yet a member"  
and follow the steps to become a member - It's FREE!