



SESSIONS & TIMES

March 17 & 18, 2018

Reminders for all Clubs & Coaches:

- Please remind parents to **NOT** contact the gym for information. All communications should go through your club.
- Upon arrival, gymnasts should assemble in the back of the gym to alleviate crowding in the spectator area.
- Coaches must sign-in and produce proof of membership if requested.
- All sessions will be Modified Capitol Cup Format (Warm-up/Compete).
- All music **MUST** be on an Mp3 device. Compulsory music will be provided.
- All equipment manufactured by AAI. (1-Vault, 2-Bars, 2-Beams, 1-Floor).
- All individual placement awards to be medals.
- Be sure to provide the required number of coaches as indicated in the session assignments below.
- All inquiries should be directed to **Chris Kensinger**, Meet Director at cmk@shenandoahtumblers.com.
- All meet information is subject to change and will be posted on the STG website at: www.shenandoahtumblers.com.
- **Scratch refund deadline is 2/16/2018. NO refunds will be honored after this date.**

For Live Meet Results:



SESSION 1

(Xcel – Bronze)

Saturday, March 17, 2018

8:15am - Open Stretch
8:35am – Timed Warm-up
8:45am – Compete
12:00pm – Awards

Clubs/Number of Coaches Needed:

**Elite (1), River City (2), Roanoke (1), Woods (1),
Gym America (2), Head Over Heels (1),
NVGA (1), Shenandoah (1)**

SESSION 4

(Xcel – Silver)

Sunday, March 18, 2018

8:15am - Open Stretch
8:35am – Timed Warm-up
9:00am – Compete
12:15pm – Awards

Clubs/Number of Coaches Needed:

**Elite (1), Gym America (1), Woods (1), NVGA (1),
VA Tech (2), River City (1), GMS (2),
Head Over Heels (1), Shenandoah (1)**

SESSION 2

(Level 3, ages 6, 7, 10, 11+ yrs.)

Saturday, March 17, 2018

1:00pm - Open Stretch
1:20pm – Timed Warm-up
1:30pm – Compete
3:45pm – Awards

Number of Coaches Needed:

**Roanoke (1), GMS (1), Majik Saints (1), Aerials (2),
HGA (1), River City (1), Shenandoah (1)**

SESSION 5

(Level 5, Xcel – Gold, Platinum, Diamond)

Sunday, March 18, 2018

1:00pm - Open Stretch
1:20pm – Timed Warm-up
1:40pm – Compete
4:00pm – Awards

Number of Coaches Needed:

**NVGA (1), VA Tech (1), Woods (1), River City (1),
Head Over Heels (1), Gym America (1),
Majik Saints (1), Elite (1), GMS (1)**

SESSION 3

(Level 3, ages 8, 9 yrs.)

Saturday, March 17, 2018

4:30pm - Open Stretch
4:50pm – Timed Warm-up
5:00pm – Compete
7:30pm – Awards

Number of Coaches Needed:

**Roanoke (2), GMS (2), HGA (1), River City (1),
Aerials (1), Majik Saints (1), Shenandoah (1)**

SESSION 6

(Level 4, 6, 7)

Sunday, March 18, 2018

4:30pm - Open Stretch
4:50pm – Timed Warm-up
5:15pm – Compete
7:30pm – Awards

Number of Coaches Needed:

**Aerials (2), GMS (2), HGA (1), Roanoke (1),
Majik Saints (1), Shenandoah (2)**