**4A South Puget Sound League**

**4A North Puget Sound League**

**SUB-DISTRICT Gymnastics Meet**

**SATURDAY, FEBRUARY 3, 2018**

**TOURNAMENT SITE** – **Mount Rainier High School**

Mount Rainier High School address: 22450 19th Avenue South, Des Moines, 98198

**ALLOCATIONS**

4A Allocations from Sub-Districts to WCD meet: SPSL **2 teams, 7individuals, 3 AA.**

4A Allocations from Sub-Districts to WCD meet: NPSL **6 teams, 21 individuals, 9 AA**.

2A/3A Allocations from Sub-Districts to WCD meet: PCL/SSC **1 team, 4 individuals, 2 AA**.

2A/3A Allocations from Sub-Districts to WCD meet: Olympic **1 team, 4 individuals, 2 AA**.

2A/3A Allocations from Sub-Districts to WCD meet: SPSL **2 team, 8 individuals, 4 AA**.

**ROTATION / COMPETITORS**

|  |  |  |  |  |  |  |  |  |  |
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| **­** | | **Warm-Up Vault** | **Vault** | **Warm-Up Bars** | **Bars** | **Warm-Up Beam** | **Beam** | **Warm-Up Floor** | **Floor** |
| Stretch / Tumble | 12:35-1:20 |  |  |  |  |  |  |  |  |
| Warm-Up | 1:20-1:40 | Hazen |  | Tahoma |  | Kentridge |  | Kentlake |  |
| March In Prep. | 1:40-1:50 |  |  |  |  |  |  |  |  |
| March In | 1:50-2:00 |  |  |  |  |  |  |  |  |
| Round 1 | 2:00-2:20 | Kentwood | Hazen | Kent Meridian | Tahoma | Kennedy Catholic | Kentridge | Mount Rainier | Kentlake |
| Round 2 | 2:20-2:40 | Kentlake | Kentwood | Hazen | Kent Meridian | Tahoma | Kennedy Catholic | Kentridge | Mount Rainier |
| Round 3 | 2:40-3:00 | Mount Rainier | Kentlake | Kentwood | Hazen | Kent Meridian | Tahoma | Kennedy Catholic | Kentridge |
| Round 4 | 3:00-3:20 | Kentridge | Mount Rainier | Kentlake | Kentwood | Hazen | Kent Meridian | Tahoma | Kennedy Catholic |
| Round 5 | 3:20-4:00 | Kennedy Catholic | Kentridge | Mount Rainier | Kentlake | Kentwood | Hazen | Kent Meridian | Tahoma |
| Round 6 | 4:00-4:20 | Tahoma | Kennedy Catholic | Kentridge | Mount Rainier | Kentlake | Kentwood | Hazen | Kent Meridian |
| Round 7 | 4:20-4:40 | Kent Meridian | Tahoma | Kennedy Catholic | Kentridge | Mount Rainier | Kentlake | Kentwood | Hazen |
| Round 8 | 4:40-5:00 |  | Kent Meridian |  | Kennedy Catholic |  | Mount Rainier |  | Kentwood |
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| **4A NPSL AWARDS to Follow Session 2** | | |  |  |  |  |  |  |  |

**WARM-UPS**

The gym will open at **12:45 PM for the second session** for stretching and tumbling on the competition floor. These are the only times the competition floor will be available other than the warm-up prior to competition.

The first warm-up session will run from 8:15-9:00 AM. Timed Warm up begins at 9:00. March in will be at 9:30 AM. After introductions, teams go directly to their events or to the warm-up gym. The second and third sessions will follow the same format at the times listed on the rotation schedule.

Besides the pre-session warm-ups, the only time the competition equipment will be available for warm-up is during the timed warm-up period, prior to competition. This one-touch warm-up will consist of one (1) vault per gymnast, three (3) minutes per team on bars, one (1) minute per gymnast on floor and thirty (30) seconds per gymnast on beam. (The floor and balance beam will follow the Capital Cup format).

**TICKETS AND PASSES**

Adults & Students w/o ASB: $7.00

Jr. & Sr. High students w/ASB $4.00

Senior Citizens & Elementary $2.00

* Only competing gymnasts in uniform, entering with team prior to their meet, will be admitted free entrance. Gymnasts will be expected to pay if not participating in meet.
* No participant passes will be issued—Inform gymnasts they are to enter in one group with a coach supervising. As per WIAA guidelines, a maximum of sixteen (16) team personnel will be admitted—to include a maximum of twelve (12) gymnasts and four (4) other designated team personnel (coaches, managers, statisticians, medical, etc.). ONLY COMPETING GYMNASTS WILL BE ALLOWED FREE ENTRY. Gymnasts and team personnel will be hand-stamped to allow re-entry throughout the meet.
* Press passes will be accepted with proper identification.
* NPSL/SPSL passes will be accepted.
* Cheerleaders and song leaders of participating schools will be admitted free, only if in uniform.

**AWARDS**

Each league will provide individual awards (ribbons) for 1st-8th places.

**CONCESSIONS**

Concessions will be available for purchase for spectators and gymnasts. A hospitality room for coaches will be available but not stocked. What you bring is what you may eat or drink.

**SOUVENIERS**

There will be T-shirts available at the meet for athletes and fans to purchase.