



COACHES INFORMATION

The competition will take place Friday, April 9 through April 11 in Hall A & B at the Forum at INFINITE ENERGY CENTER in Duluth, GA. The competition site address is 6400 Sugarloaf Parkway, Duluth, GA 30097. There is a \$5.00 parking fee in the parking deck.

The competition schedule can be found online at [XCEL STATE MEET](#) and [MEETMAKER](#).

Doors will not open until 15 minutes prior to the scheduled start time of the session. Do not have your athletes arrive earlier than this as they will not be permitted in the building. All sessions will be Modified Capital Cup format.

Please distribute the Spectator Information sheet to your families so they are aware of the competition information and all protocols. It is our collective Professional responsibility to know these protocols and assist in the protocring of these protocols to ensure a safe environment for all attendees. Coaches must wear masks and socially distance throughout the entire competition.

The scratch/refund deadline is Monday, March 29 at 11:59pm. Scratches must be done by this time on MEETMAKER in order to receive a refund. Please let us know of any additional scratches prior to the competition as rotation sheets will not be printed until the day before the meet so that they are as up to date as possible. Thank you

Your INITIAL club roster will be sent via email. Please review your roster and note that gymnasts included in the team competition will have a "YES" listed under the Team#1 heading. Coaches are responsible to check all the birthdates of their athletes and verify that they are correct..

All Levels will be broken into equal Age Divisions. An age division breakdown is attached listing the age groups for the competition. Awards will be distributed at 50%+1 for all age divisions. NO awards ceremony will take place. Awards will be organized and given to coaches to distribute to their athletes at the conclusion of the final session of each respective level. Please be prepared to pick up your athletes' medals at the conclusion of the last session of the respective level. Team awards will be handled the same way with the top 3 scores per event comprising the team total.

A coaches meeting video will be emailed the week prior to the competition to review all of the logistics for the competition. Please make sure that all coaches attending the competition view the video so they are aware of all of the important information. At the beginning of each session there will be a brief coaches' meeting to hold a roll call to ensure that all clubs are in attendance.

Please log in to your meet reservation on www.usagym.org and add any coach who is not already listed. All coaches who will be attending MUST BE LISTED on the official USA Gymnastics sanction. YOU CAN NOT WRITE IN A COACH AT THE COMPETITION. Additional coaches must be added by Wednesday, April 7.

As a reminder, all memberships, background checks, safety certifications, and U100 courses must be ACTIVE (not Pending) for a coach to be allowed on the competition floor. An adult volunteer will be proctoring the coaches check-in located at the ticket booth when you get to the bottom of the escalator. Please contact USA Gymnastics at 1-800-345-4719 or online at www.usagym.org if you need any membership assistance.

DP National Dress Code is in effect for all State/Regional/National competitions. The dress code is in the R&P. Some of the restrictions are: Athletic shoes with rubberized soles and NO jeans, short shorts, spaghetti strap or low cut tops, no midriff revealing tops, no hats or visors.

Children of coaches are not allowed on the competition floor (unless they are competing/judging in that session)

There will be NO COACHES HOSPITALITY at the competition due to the structure of the competition. A concession stand run by the facility is available.

If you are in need of a hotel for the weekend visit [XCEL STATE MEET HOTELS](#).

As a reminder, Xcel Regionals will be held the weekend of April 30-May 2 in Emerson, GA. In order to best serve all the athletes with the regional qualification procedure, the State Committee is asking all clubs to sign a letter of intent to compete at regionals. Complete the online [REGIONAL COMMITMENT FORM](#) with your intent to attend regionals by Monday, April 5. All regional entries must be done through www.meetmaker.com.

Georgia USA Gymnastics will be paying the Regional entry fee for the State Team members (top 8 per level) - Michelle Pomerantz SACC has a pay code that you will use to pay for these specific athletes only - all codes EXPIRE at midnight on the Monday following the state meet.

If there is anything we can do to make this competition better for you and your athletes, please let us know.

David Pomerantz, Michelle Pomerantz and Amy Flanigan

Gymnastix Training Center