

Gold Regional Quick Reference Sheet

Hello All,

Yes, there are 2 gyms that will be running at the same time for the Regional Championships. Many have already started to reach out to express concerns about having athletes competing at the same time. As this is a Regional Championship the format is set by Rules and Policies of the region, so the sessions are determined by age competing youngest to oldest. The order of competition will stay as outlined on the tentative Rotation Sheets with minor changes to address IES that need to be adjusted. With that being said if you have a gymnast that is an IES please send me their information so that they can be placed properly for competition. The Region 3 Xcel coaching community is awesome and I know that we will be able to help each other out to get through the weekend and make this championship a success.

Leotard pickup will be in the transition room between the competition arena and the main hall. Only coaches will be able to pickup leotards for your team. You will be given all leotards for your team in 1 pickup, we are unable to accommodate multiple pickups. Leotard pickup time will start on Friday May 3rd starting at 9:00am and then will continue throughout the competition. There are very minimal extra sizes leotards for exchanges. You will be given a copy of your leotard roster and sizes that were submitted for your reference.

Tickets for the event will go live by Friday April 19th and can be found at Reg3GoldChamps2024.rsvpify.com. All information about the meet can be found on the Active Athletics website under Events hosted competitions tab Gold Regionals. www.activeathletics.net Tickets can also be purchased day of the competition onsite with card or cash. Frequently asked questions and the most up to date information is located there.

Venue Setup is a little different this year because of the 2-gym setup. Please see the venue map on the Active website to help assist with parking and new main entrance for the venue.

Session age ranges:

Session	Open Stretch	Age Division	Age Range Start	Age Range End
1A	Friday 2:00pm	Child A	9/22/2014	12/31/2024
1B	Friday 2:00pm	Child B	2/23/2014	9/21/2014
2A	Friday 5:30pm	Child C	10/8/2013	2/22/2014
2B	Friday 5:30pm	Child D	5/28/2013	10/7/2013
3A	Saturday 8:00am	Child E	2/8/2013	5/27/2013
3B	Saturday 8:00am	Child F	11/2/2012	2/7/2013
4A	Saturday 11:30am	Jr A	7/31/2012	11/1/2012
4B	Saturday 11:30am	Jr B	5/16/2012	7/30/2012
5A	Saturday 3:00pm	Jr C	2/13/2012	5/15/2012
5B	Saturday 3:00pm	Jr D	11/2/2011	2/12/2012
6A	Saturday 6:30pm	Jr E	7/22/2011	11/1/2011
6B	Saturday 6:30pm	Jr F	3/24/2011	7/21/2011
7A	Sunday 8:00am	Sr A	11/10/2010	3/23/2011

7B	Sunday 8:00am	Sr B	5/16/2010	11/9/2010
8A	Sunday 11:30am	Sr C	8/27/2009	5/15/2010
8B	Sunday 11:30am	Sr D	1/1/2003	8/26/2009

Meet equipment will be for sale. Mats Athletic Training Systems an authorized dealer for Spieth America will have 1 full gym of equipment for sale. The most up to date list of items and prices can be found on the Active website. All items are cash and carry at the end of the competition, shipping is not available. All of the equipment for sale has been used for 2 years on this meet truck. If you have any questions about equipment sales or anything meet related, please do not hesitate to reach out.

Sincerely

~Trevor Campbell