

THE MID-COLUMBIA CONFERENCE & THE GREATER SPOKANE LEAGUE
&
THE GREAT NORTHERN LEAGUE



GYMNASTICS: 3A/2A DISTRICT 8 CHAMPIONSHIPS

Friday January 26th, 2018

Three Rivers Convention Center in Kennewick WA

Hosted by Kamiakin & Southridge

3A MCC TEAMS

The Kamiakin Braves

The Southridge Suns

3A GSL TEAMS

The Mt. Spokane Wildcats

The North Central Indians

The Rogers Pirates

The Shadle Park Highlanders

2A GNL TEAM

The Cheney Blackhawks

COMPETITION ORDER

	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>
Round I				
Flight A	1 Southridge	1 Shadle Park	1 Cheney	1 North Central
Flight B	2 BYE	2 Mt Spokane	2 Kamiakin	2 Rogers
Round II				
Flight A	1 North Central	1 Southridge	1 Shadle Park	1 Cheney
Flight B	2 Rogers	2 BYE	2 Mt Spokane	2 Kamiakin
Round III				
Flight A	1 Cheney	1 North Central	1 Southridge	1 Shadle Park
Flight B	2 Kamiakin	2 Rogers	2 BYE	2 Mt Spokane
Round IV				
Flight A	1 Shadle Park	1 Cheney	1 North Central	1 Southridge
Flight B	2 Mt Spokane	2 Kamiakin	2 Rogers	2 BYE

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5:30 pm Doors Open to spectators

Ticket Prices: Adults:	\$7.00
Students & Sr Citizens	\$5.00
Kids 6 & under	FREE

**** Tournament T-Shirts will be sold on site**

Programs will be for sale for \$1.00

6:30pm to 7pm Open Stretching and Bar Settings

A 15-30 minute general/open warm up is required. The bars will be available to obtain settings only (tap swings). The apparatus is not available for warm up during this time. Marking mount distances or practicing run-up onto the board is allowed. The Floor Exercise mat and other matted and open areas may be used for loco motor warm-up activities, such as running, and for skill warm-up that can be performed in a confined space. No diagonal tumbling is allowed.

6:30pm Coaches Meeting

This meet will be a bump rotation. This includes bumping on Balance Beam during the last three competitors of the previous competitive team.

7.00 pm March In & Presentation of Competitors

7:00 pm Competition Commences (timed warm-up of 1st event begins)

9:30 pm Competition Concludes

AWARDS:

- Medals will be awarded for 1st, 2nd, and 3rd place in each event and in All Around. Ribbons will be awarded for 4th - 10th places.

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Spectators Guide

Gymnasts will be competing today to qualify for the District #2 Regional Meet held at Sammamish High School on February 10th. They will qualify to State based on their performance at the Regional Meet.

- Top 2 Teams – will compete at Regionals.
- Top 4 All Around who are NOT part of the qualifying teams – will compete on all four events at Regionals.
- Top 10 individuals on each event who are NOT members of the qualifying teams, nor are they All Around qualifiers. These athletes will only compete in event(s) in which they qualify.

SPECTATOR GUIDELINES:

- Flash Photography is NOT allowed at any point during warm up or competition.
- Spectators are NOT allowed on the competition area.
- You may cheer for all competitors, especially your own!
- Remain positive and encouraging to the athletes, coaches and officials.
- Awards will be presented at the conclusion of the meet.
- Thank You For Being Here & Supporting The Great Sport of Gymnastics!

2A/3A - Gymnastics Regional Championships Info

Sammamish High School
2/10/2018 times TBD

Allocations:

League to Districts

Metro: 3 teams, 5AAs, 14 individuals

KingCo: 3 teams, 4AAs, 12 individuals

D5/7/8: 2 teams, 3AAs, 10 individuals

2A/3A District Championships to State

4 teams, 6AAs, 18 individuals

