

**2017 Varsity Gymnastics Regional Meet**

**Hosted by: Dekalb High School**

**Date:** Monday, January 30th, 2017

**Schools:** Rotation 1: Rock Island (Alleman) (I)

 Berwyn-Cicero (Morton)

 Rotation 2: Oak Park (O.P. River Forest)

 Rotation 3: Bartlett

 Rotation 4: Franklin Park – Northlake (Leyden)

 Rotation 5: Moline H.S. (I)

 Dekalb Co-Op

**Competition Site:** DeKalb High School

 501 W. Dresser

 DeKalb, IL 60115

**Admissions:** $6.00

**Teams Enter Door:** All Coaches and Gymnasts enter

**Times:** Doors Open 4:00 pm

 Stretch 4:00 pm – 4:40 pm

 Timed W/U 4:40 pm – 5:40 pm

 Spectators Arrive 5:00 pm

 Coaches Meeting 5:40 pm

 March-In 6:00 pm

**Scoring:** 5 Gymnasts per event, 4 scores count

 There must be at least one All Around Gymnast

**Equipment:** AAI TAC 10 Vault Table & Safety Zone

 AAI Elite Bars

 AAI Balance Beam

 AAI Floor

**General Info:** A Trainer will be available

 Hospitality Room will be available starting at 5:00 pm

If you have any questions, please contact: Nic Kearfott (815) 751-3733 or Andy Morreale (815) 501-9748.

**Warm-Up Rotation Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **V** | **BYE** | **Bars** | **Beam** | **FX** |
| 4:40 – 4:52 | Moline / Dekalb | Leyden | Bartlett | Oak Park | Alleman / Morton |
| 4:52 – 5:04 | Alleman / Morton | Moline / Dekalb | Leyden | Bartlett | Oak Park |
| 5:04 – 5:16 | Oak Park | Alleman / Morton | Moline / Dekalb | Leyden | Bartlett |
| 5:16 – 5:28 | Bartlett | Oak Park | Alleman / Morton | Moline / Dekalb | Leyden |
| 5:28 – 5:40 | Leyden | Bartlett | Oak Park | Alleman / Morton | Moline / Dekalb |

**Competition Order**

**Vault**

Rock Island (Alleman) & Berwyn-Cicero (Morton)

Oak Park (O.P. – River Forest)

Bartlett

Franklin Park – Northlake (Leyden)

Moline & Dekalb

**Bars**

Bartlett

Franklin Park – Northlake (Leyden)

Moline & Dekalb

Rock Island (Alleman) & Berwyn-Cicero (Morton)

Oak Park (O.P. – River Forest)

**Beam**

Oak Park (O.P. – River Forest)

Rock Island (Alleman) & Berwyn-Cicero (Morton)

Moline & Dekalb

Franklin Park – Northlake (Leyden)

Bartlett

**Floor**

Moline & Dekalb

Franklin Park – Northlake (Leyden)

Bartlett

Oak Park (O.P. – River Forest)

Rock Island (Alleman) & Berwyn-Cicero (Morton)