**York Athletic Department**

*Home of the Dukes*

*York High School 630-617-2403*

*355 W. St. Charles Road fax: 630-617-2396*

*Elmhurst, IL 60126*

DATE: January 11, 2016

TO: Athletic Director/Head Girls Gymnastics Coach

RE: JV Girls’ Gymnastics Invitational

 Friday, January 20, 2017 @ 6:15 pm

**TEAMS PARTICIPATING**:

Addison Trail Downers Grove North Downers Grove South Glenbard West

Hinsdale Central Leyden Lyons Township

Morton Oak Park-River Forest Willowbrook York

**AWARDS**:

Team 1st place plaque, ribbons for 1-6 place in individual events West Suburban Silver

Team 1st place plaque, ribbons for 1-6 place in individual events West Suburban Gold

**EQUIPMENT**:

Vaulting Table AAI Super Wide Extender, Reflex Bars

AAI Suede Beams (2) on Comp. Floor AAI Cross Link Foam AAI Blue Carpet

Palmer 4” Spring Floor

**TRAINER**: A trainer will be available throughout the meet

**LOCKER ROOM**: Lockers will be available, please bring own towels and locks. Athletes must be supervised at all times!

**COACHES HOSPITALITY**: A hospitality room will be provided throughout the meet.

**SPECTATORS:** No flash photography will be allowed during performances; however, pictures may be taken at the awards stand at the conclusion of the competition.

**ADMISSION**: Adults $4.00

 Seniors $2.00

**Please bring your own score sheets to the meet**

Please return the completed entry form to York High School by noon, Tuesday, January 19, 2016.

York Athletic Fax number is (630) 617-2396



**YORK COMMUNITY HIGH SCHOOL**

**JV GIRLS’ GYMNASTICS INVITE**

**FRIDAY JANUARY 20, 2017**

**TEAMS**: 1. Addison Trail (AT) 2. Leyden (LEY) 3. Willowbrook (WB)

 4. Hinsdale South (HS) 5. Glenbard West (GBW) 6. Hinsdale Central (HC)

 7. Lyons Township (LT) 8. Downers North (DGN) 9. York (Y)

 10. Downers South (DGS) 11. Morton (M) 12. Oak Park-River Forest (OPRF)

**WARM-UP ROTATION ORDER**:

**TIME VAULT BARS BEAM FLOOR**

4:10 – 4:19 1 AT 2 LEY 3 WB open

4:19 – 4:28 5 GBW 6 HC 7 LT 8 DGN

4:28 – 4:37 9 Y 10 DGS 11 M 12 OPRF

4:37 – 4:46 open 1 AT 2 LEY 3 WB

4:46 – 4:55 8 DGN 5 GBW 6 HC 7 LT

4:55 – 5:04 12 OPRF 9 Y 10 DGS 11 M

5:04 – 5:13 3 WB Open 1 AT 2 LEY

5:13 – 5:22 7 LT 8 DGN 5 GBW 6 HC

5:22 – 5:31 11 M 12 OPRF 9 Y 10 DGS

5:31 – 5:40 2 LEY 3 WB Open 1 AT

5:40 – 5:49 6 HC 7 LT 8 DGN 5 GBW

5:49 – 5:58 10 DGS 11 M 12 OPRF 9 Y

**COMPETITION ORDER**:

 **VAULT UNEVEN BARS BALANCE BEAM FLOOR EXERCISE**

 1 AT 2 LEY 3 WB

 5 GBW 6 HC 7 LT 8 DGN

 9 Y 10 DGS 11 M 12 OPRF

 1 AT 2 LEY 3 WB

 8 DGN 5 GBW 6 HC 7 LT

 12 OPRF 9 Y 10 DGS 11 M

 3 WB 1 AT 2 LEY

 7 LT 8 DGN 5 GBW 6 HC

 11 M 12 OPRF 9 Y 10 DGS

 2 LEY 3 WB 1 AT

 6 HC 7 LT 8 DGN 5 GBW

 10 DGS 11 M 12 OPRF 9 Y

After the last warm up rotation, please have all gymnasts’ line up for the traditional gymnast march. Have your team’s line up alphabetically in the floor exercise area in the following order:

Addison Trail Leyden

Downers Grove North Lyons Township

Downers Grove South Morton

Glenbard West Oak Park-River Forest

Hinsdale Central York

 Willowbrook

**GIRLS’ GYMNASTICS ENTRY LIST**

**YORK JV INVITATIONAL**

**DUE BY: 12pm on Tuesday, January 17, 2017 – Fax # - 630-617-2396**

**SCHOOL**:

**HEAD COACH**:

**ASST. COACH**:

**ASST. COACH**:

**PLEASE LIST COMPETITORS (print or type): LAST NAME, FIRST NAME**

 **VAULT** **UNEVEN** **BARS**

1. 1.

2. 2.

3. 3.

4. 4.

5. 5.

**FLOOR EXERCISE** **BALANCE BEAM**

1. 1.

2. 2.

3. 3.

4. 4.

5. 5.

 **ALL AROUND**

 1.

 2.

 3.

 4.

 5.