

NORTH SHORE GYMNASTICS CLASSIC

January 11-13, 2019

Event Address: Castine Center, 63350 Pelican Drive, Mandeville, LA 70448

Admittance: \$8, Ages 4 & up. Under 4 Free. Includes score sheets

Parking: Free

Age Divisions: Total participants per level will be divided into equal groupings.

Awards: Levels 7-10 60% on event and all-around.
All other competitors 60% event and 100% all-around

Host Hotel: Country Inn & Suites by Carlson 985-809-0467
130 Holiday Blvd, Covington, LA 70433

\$89 Standard with 2 Queens or 1 King. Mention North Shore Gymnastics Classic to receive this rate.
Price includes hot buffet. Block terminated 12/21/2018

DON'T FORGET TO PRACTICE YOUR HANDSTANDS. WINNER OF HANDSTAND CONTEST WINS FREE LEOTARD EACH SESSION!!

Friday, January 11, 2019

Session 1 – Xcel Gold and Level 4

86 Gymnasts

Modified Capital Cup Format

1 minute warm up

5:00-5:15 PM Stretch & Coaches Meeting
5:15-5:25 PM Introduction of Teams
5:25-8:45 PM Continuous Warm Up, Compete
8:45-9:30 PM Awards

Teams With Multiple Groups:

BENG-2 Groups (10-XG; 9-L4)
NSAS-2 Groups (11XG; 2-XG)

Saturday, January 12, 2019

Session 2 – Level 1

40 Gymnasts

Traditional Format

30 Second Warm Up

8:30-8:45 AM Stretch & Coaches Meeting
8:45-9:05 AM Warm Up
9:05-9:15 AM Introduction of Teams
9:15-10:15 AM Competition
10:15-10:45 AM Awards

Teams With Multiple Groups:

NSAS-2 Groups (6) & (3)

Saturday, January 12, 2019

Session 3 – Levels 2 & 3

80 Gymnasts

Modified Capital Cup Format

Level 2-30 second Warm Up
Level 3-45 second Warm Up

10:45-11:00 AM Stretch & Coaches Meeting
11:00-11:10 AM Introduction of Teams
11:10-1:45 PM Continuous Warm Up, Compete
1:45-2:30 PM Awards

Teams With Multiple Groups:

NSHR-2 Groups 8(L3) & 8(L3)
GOLD-2 Groups 8(L3) & 6(L2)
AIM-2 Groups 7(L2) & 7(L3)
WEST-2 Groups 7(L2) & 10(L3)

Saturday, January 12, 2019

Session 4 –Levels 7

2:30-2:50 PM Stretch & Coaches Meeting
2:50-3:00 PM Introduction of Teams
3:00-5:30 PM Continuous Warm Up, Compete
5:30-6:00 PM Awards

41 Gymnasts

Modified Capital Cup Format

Level 7 – 1.5 Minute Warm Up
2 Minute on vault

Teams With Multiple Groups:

ELMW-2 Groups (7) & (6)
NSHR-2 Groups (4) & (4)

Saturday, January 12, 2019

Session 5 –Levels 9, 10 & 5

6:00-6:30 PM Stretch & Coaches Meeting
6:30-6:40 PM Introduction of Teams
6:40-9:10 PM Continuous Warm Up, Compete
9:10-9:40 PM Awards

46 Gymnasts

Modified Capital Cup Format

Levels 9 & 10-2 Minute Warm Up;2.5 on Vault
Level 5-1 Minute Warm Up

Teams With Multiple Groups:

NSHR-3 Groups 6(L10) & 5(L9) & 6(L5)
ELMW-2 Groups 7(L9) & 3(L10) with 4(L9)

Sunday, January 13, 2019

Session 6 –Levels 6 & 8 & XD & XP

8:15-8:45 AM Stretch & Coaches Meeting
8:45-8:55 AM Introduction of Teams
8:55-12:05 AM Continuous Warm Up, Compete
12:05-12:45 PM Awards

55 Gymnasts

Modified Capital Cup Format

Level 6,XP-1.5 Minute Warm Up;2 on vault
Level 8 & XD-2 Minute Warm Up

Teams With Multiple Groups:

ELMW-2 Groups 9(L6) & 8(L8)
BENG-2 Groups 8(L6) & 3(L8) with 5(XD)
WEST-2 Groups 9(L6) & 1(L8)
NSHR-2 Groups 2(L8) & 1(L6)

Sunday, January 13, 2019

Session 7-Xcel Bronze

12:45-1:00 PM Stretch & Coaches Meeting
1:00-1:10 PM Introduction of Teams
1:10- 2:45 PM Continuous Warm Up, Compete
2:45-3:30 PM Awards

69 Gymnasts

Modified Capital Cup Format

30 Second Warm Up

Teams With Multiple Groups:

ACAD-2 Groups (7) & (7)
GYMN-2 Groups (7) & (6)
NSAS-3 Groups (2) & (2) & (9)

Sunday, January 14, 2018

Session 8-Xcel Silver

3:30-3:45 PM Stretch & Coaches Meeting
3:45-3:55 PM Introduction of Teams
3:55-6:15 PM Continuous Warm Up, Compete
6:15-7:00 PM Awards

76 Gymnasts

Modified Capital Cup Format

45 Second Warm Up

Teams With Multiple Groups:

NSAS-2 Groups (11) & (3)
BENG-2 Groups (8) & (8)