

4A – West Central District III
STATE QUALIFYING Gymnastics Meet



SATURDAY, FEBRUARY 11, 2012

TOURNAMENT MANAGERS

Darren Rawie – Meet Director
Athletic Director
Mount Rainier High School

CONTACT INFORMATION

Office – 206.631.7040
Cell – 253.226.8912
E-Mail – Darren.Rawie@highlineschools.org

IMMEDIATE ACTION ITEMS !!!!

1. E-mail complete rosters to Darren Rawie (darren.rawie@highlineschools.org) and Rick Webb (rick@gymscore.com) (see roster form), by February 7th or as soon as possible.
2. The actual competition line-ups can be submitted at the coaches meeting prior to the meet, or as soon as possible via e-mail, using the attached announcement form.
3. E-mail the WCD Pass List to Darren Rawie Darren.rawie@highlineschools.org by February 9th or as soon as possible.
4. Call the Tournament Managers if you have any questions or special needs.

TOURNAMENT SITE – MOUNT RAINIER HIGH SCHOOL

Mount Rainier High School address: 22450 19th Ave. South, Des Moines, WA 98198

Parking is available in the north parking lot near the 223rd Avenue entrance. Parking in the west lot, near the front of the school is available also just a slightly longer walk.

ALLOCATIONS

4A Allocations from the WCD to the State meet: **1 team, 7 individuals, 2 all-arounds.**

Only schools that have qualified to the WCD meet as a team are eligible to qualify for the State meet as a team.

ROTATION / COMPETITORS

See attached for a detailed list of the rotation schedule. Please note that the times are approximate. An awards ceremony will be held after the last rotation. A team consists of six (6) competitors per event, including any all-around competitors, with five (5) scores counting toward the team total and a maximum of twelve (12) competitors per school. Teams will be asked to assist in taking down the equipment while the finals scores are calculated.

ROSTERS / LINE-UPS

Please e-mail your complete team roster to Rick Webb (rick@gymscore.com) and to Darren Rawie (Darren.Rawie@highlineschools.org) using the attached roster form by February 6th. Please include any

possible alternates. The actual competition line-ups can be submitted at the coaches meeting prior to the meet, or as soon as possible, using the attached announcement form.

WARM-UPS

The gym will open at 2:45 PM for stretching and tumbling on the warm-up equipment and last until 3:45 PM. The first warm-up rotation will run from 3:45-4:05 PM. March in will be at 4:10 PM. After introductions, teams go directly to their events or to the warm-up gym.

The only time the competition equipment will be available for warm-up is during the timed warm-up period, prior to competition. This one-touch warm-up will consist of one (1) vault per gymnast, three (3) minutes per team on bars, one (1) minute per gymnast on floor and thirty (30) seconds per gymnast on beam. (The floor and balance beam will follow the Capital Cup format).

TICKETS AND PASSES

Prices are established by the District III Executive Boards:

Adults & Students w/o ASB:	\$7.00
Jr. & Sr. High students w/ASB, Seniors Citizens:	\$5.00
Elementary students	\$4.00

- Only competing gymnasts in uniform, entering with team prior to their meet, will be admitted free entrance. Gymnasts will be expected to pay if not participating in meet.
- No participant passes will be issued—Inform gymnasts they are to enter in one group with a coach supervising. As per WIAA guidelines, a maximum of sixteen (16) team personnel will be admitted—to include a maximum of twelve (12) gymnasts and four (4) other designated team personnel (coaches, managers, statisticians, medical, etc.). **ONLY COMPETING GYMNASTS WILL BE ALLOWED FREE ENTRY.** Gymnasts and team personnel will be hand-stamped to allow re-entry throughout the meet.
- Press passes will be accepted with proper identification.
- League passes will NOT be accepted.
- Washington State Coaches Association passes will be accepted.
- Cheerleaders and song leaders of participating schools will be admitted free, only if in uniform.

AWARDS

The WCD will provide two team trophies and individual awards for 1st-10th places, and state qualifiers.

CONCESSIONS / HOSPITALITY

Concessions will be available for spectators and gymnasts. There will also be a hospitality room available for coaches, officials, and tournament staff. Each team is expected to bring a food or drink item to share in the hospitality room.

SOUVENIERS

There will be T-shirts available at the meet for athletes and fans to purchase.