

2020 West Geauga Sectional Gymnastics Meet

Dear Coach / Athletic Director,

Hopefully, you are looking forward to the Sectional Meets on February 15, 16, 17, 2020, with as much enthusiasm as we are in hosting these meets. As all of you are aware - ALL Sectional meets and the District meet will be held at West Geauga High School. Please check the nedab.org website for tournament information.

**Simply scroll on the menu to Gymnastics – All Divisions and it has all the schools listed and their date of competition.

**All other information can be found scrolling on the menu to – Gymnastics

Each Sectional format will advance 12 individuals in each event including all-around, and the top 4 teams to the District Meet on Saturday February 22, 2020.

We will use the Capitol Cup Format, 1) The Warm-Up Gym: which is a set of equipment identical to the competition gym and will be used during specific time periods. This area is to be used just prior to competition and a coach/representative **MUST BE PRESENT AT ALL TIMES DURING WARM UPS.** 2) The Competition Gym: the Main Gym where all competition will take place. This area is available for general stretching from 9 a.m. to 9:30 a.m. and during the lunch break (approximately 12:30 p.m.-1:15 p.m.). No formal warm ups will take place on the competition equipment. The equipment used for the 2020 Sectional/District Meets will include: S/A Tac Ten Vaulting Table, AAI Wide Extension Uneven Bars, S/A Balance Beams, and Palmer Spring Floor and Tumbling Strip.

This general format will allow an UN-timed but blocked warm up period for the gymnasts to prepare for competition then proceed to the competition gym for a touch on the actual competition equipment. Please review the new warm-up protocol as established by the OHSAA

The following information should be submitted as soon as possible but MUST be to me no later than Wednesday, February 5th for your girls to be eligible for sectional competition

1. A TYPED team roster **PLEASE include each girls grade in school as it is required for those girls advancing to the district and state tournament**
** All girls listed will be given a competition number and will be eligible for the sectional meet.

2. Tournament Information Sheet – see NEDAB.org for this form

All rotation schedules will be posted online on or before Wednesday, February 12, 2020 on the Nedab.org website.

Sincerely,
Don Schutz
Meet Manager
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