

SWO DISTRICT GYMNASTICS CHAMPIONSHIPS 2024

- DATE:** February 24, 2024
- TIME:** 9:00 AM: Gym opens for stretching
9:15 AM: Coaches Meeting
9:40 AM: Introductions
9:45 AM: Timed Warm ups
10:00 AM: Competition Begins (approximately)
- LOCATION:** Lakota East High School Gymnasium
6840 Lakota Lane, Liberty Township 45044
Phone: 513-759-8622, Fax: 513-759-8309
- TEAMS:** Adena, Anderson, Arcanum, Archbishop Alter, Badin, Batavia, Beaver creek, Centerville, Cincinnati Country Day, Greenville, Indian Hill, Kenton Ridge, Kings, Lakota East, Lakota West, Mariemont, Miami East, Miami Trace, Miamisburg, Northmont, Oak Hills, Seven Hills, Sycamore, Troy, Turpin, Versailles, Washington CH, West Clermont, Western Brown, Western Hills
- CONTACT:** If you have any questions call:
Meet Director- Mardi Dagley at (513) 328-8501 or lakotagymnastics@gmail.com
Tournament Manager- Jill Meiring at (Business Phone) (513) 759-8622; (E-mail) jill.meiring@lakotaonline.com
- COACHES:** Coaching is only permitted by your school board approved and assigned gymnastics coaches. There will be identification tags for those coaches in your meet day packet. No one else will be permitted to work with your athletes or be in the competition area.
- ATHLETIC TRAINER:** A certified trainer will be available.
- EQUIPMENT:** Vault- AAI, Bars- AAI, Beam- AAI Reflex. Floor- Spring floor (competition), Spring strip (warm-up)
A vault safety collar will be provided in both the warm-up and competition gyms.
- COMPETITION FORMAT:** Capital Cup format
WARM UPS-1:30 warm-up in warm-up gym on beam, and bars (no timed warm ups will be allowed in the competition gym), 3:00 warm-up block on floor. Warm-up/compete on vault downstairs.
TOUCH WARM UPS- :30 touch warm ups on bars, beam, floor (Please touch in the hole within your team on beam)
- COMPETITION DETAILS:** The USAG Developmental Program Code of Points (2022-2026) and modified USAG Level 9-10 shall be used in all tournaments. Rules interpretations shall be the decision of the OHSAA State Rules Interpreter(s).
Each school shall be limited to 6 entries per event at the Sectional and/or District.
- CONCESSIONS:** There will be concessions available
- ADMISSION:** Pre-purchased tickets only