



XCEL REGIONAL CHAMPIONSHIPS

April 26 – 28, 2019

Minneapolis Convention Center

1301 2nd Avenue South, Minneapolis, MN

Hosted by North Shore Gymnastics Association

Qualification Procedures

- Athletes must qualify at their State Championship Competition by achieving the qualifying score:
 - Bronze: 35.50 All-Around
 - Silver: 35.50 All-Around
 - Gold: 34.00 All-Around
 - Platinum: 33.50 All-Around
 - Diamond: 33.50 All-Around
 - Individual Event Specialist Score: 8.50 per event, maximum 3 events. Events must be declared prior to the start of the State Competition.
- An athlete who can not compete in her State Championship Competition due to **illness or injury** can petition to enter the Regional Competition by following the procedures outlined on page 49 in USA Gymnastics Rules and Policies ([https://usagym.org/PDFs/Women/Rules/Rules and Policies/2018 2019 w rulespolicies 1108.pdf](https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2018%202019_w_rulespolicies_1108.pdf)).

Entry Procedures

- All athletes and coaches **MUST** be registered through the USA Gymnastics on-line meet reservation system. The registration is currently open, the link is:
<https://www.usagym.org/app/currentSanctions.html>
 - Coaches need to register their athletes who plan on attending 2019 Xcel Regionals. Please **DO NOT** just register all of your Xcel athletes, only register those who actually plan on competing in the meet, provided they qualify.
 - **On-line registration must be completed by March 24, 2019.**
 - Register any coaches who will be coaching at Xcel Regionals. Make sure that all memberships, background checks, and certifications are up to date.
 - **On-Site Coach Registration (at Xcel Regionals) is \$100.00/coach. All coaches must be pre-registered and approved through the USA Gymnastics reservation system.**
- At your State Meet, you will bring a hard copy of your Xcel Regionals entry form and one club check for payment. By the end of the last session:
 - You must update the on-line reservation system roster for your entry for Xcel Regionals, to drop anyone who did not qualify.
 - Turn in an accurate hard copy of the team entry form to the State Meet Director.
 - Turn in a check for the complete entry fee for Regionals.
 - Entry fee is \$75.00 / athlete – all divisions.
 - **No Refunds.**
 - Checks payable to: NSGA
 - **Any entries and/or payments that are not turned in by the last session of the State Meet will incur a \$25/athlete late fee.**

Questions ?

Contact Meet Director Ryan Rohloff at ryan@northshoregym.org or Region 4 Xcel Chair Megan Robinson at region4xcel@gmail.com

Additional Information

- Location: Minneapolis Convention Center
1301 2nd Avenue South
Minneapolis, MN 55403
- Awards: 40% event and All-Around, 100% recognition All-Around (per Regional Guidelines)
- Equipment: AAI Equipment – NSGEL, Inc.
- Results: myusagym app
- Nearby Airport: Minneapolis – St. Paul International Airport (10 miles)
- Meet Apparel: Gym Treasures Apparel
<http://www.gymtreasures.com/2019-xcel-regional-gymnastics-championships/>
- Meet Director: Ryan Rohloff – ryan@northshoregym.org
- Graduating Seniors: Coaches, please note on your entry form any graduating seniors. Please turn the senior bio form in with your packet. Seniors will be recognized during their awards ceremony.

Tentative Schedule

We are unable to set the final schedule until after all the state meets have been completed. However, we have come up with a **very tentative** schedule based on the projected number of entries at each division. Each division will be split into an equal number of age groups based on date of birth. Currently, we are planning on running 3 gyms, all in modified capital cup format (2 sets of equipment with one floor in each gym).

		GYM 1			GYM 2	GYM 3
Friday	8:00 am - 11:00 am	Silver		8:00 am - 11:30 am	Gold	Diamond
	11:30 am- 2:30 pm	Silver		12:45 pm - 4:15 pm	Gold	Diamond
	3:00 pm - 6:00 pm	Silver		5:15 pm - 8:45 pm	Gold	Platinum
	6:30 pm - 9:30 pm	Silver				
Saturday	8:00 am - 11:00 am	Silver		8:00 am - 11:30 am	Gold	Platinum
	11:30 am- 2:30 pm	Silver		12:45 pm - 4:15 pm	Gold	Platinum
	3:00 pm - 6:00 pm	Silver		5:15 pm - 8:45 pm	Gold	Platinum
	6:30 pm - 9:30 pm	Silver				
Sunday	8:00 am - 10:45 am	Bronze		8:00 am -11:30 am	Gold	Platinum
	11:45 am - 2:30 pm	Bronze		12:45 pm - 4:15 pm	Gold	Bronze
				5:15 pm - 8:45 pm	Bronze	Bronze

A final schedule will be released as quickly as possible after all entries are received from the State Committee Chairs.

Spectator Admissions

	1 – Day Pass	Event Pass
Adults (ages 13-64)	\$20 / day	\$45
Seniors (65+)	\$15 / day	\$35
Children (ages 3 – 12)	\$12 / day	\$30
Children 2 & Under	FREE	FREE

2019 XCEL Regional Gymnastics Program Advertisements

We are selling ad space in the Region 4 Xcel Championship Program. We are expecting over 7,500 spectators at this competition. This is an excellent opportunity to advertise your business or you can create a "shout out" ad for your child to be featured in the program. This is a fantastic way to wish your child good luck or to congratulate her on an amazing season.

Ad Pricing

DESCRIPTION	DIMENSIONS	COST
Business Card	3.625" x 2"	\$50.00
Quarter Page	3.625" x 5"	\$75.00
Half Page	7.25" x 5"	\$125
Full Page	7.25" x 10"	\$200

Completed ads must be submitted by 8 pm, April 1, 2019.

Please submit all ads to ryan@northshoregym.org using the following format in the email subject line.

MeetProgram_GymnastsName

Ads need to be print ready, correctly sized, in pdf or jpeg format. Ads will be printed in black and white.

All checks should be made payable to NSGA and submitted by **April 1, 2019**. In the memo line of the check please note the following: Meet Program – Gymnasts Name. Mail payments to:

NSGA
5555 Pioneer Creek Drive
Maple Plain, MN 55359





USA GYMNASTICS

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Registration Instructions

1. Register all Xcel athletes that plan on attending the Regional Championships on the USAG Meet Reservation system by March 24, 2019.
2. At your State Meet, revise your entry on the USAG Meet Reservation System.
3. Make sure all coaches that are attending Regionals are entered in the USAG Meet Reservation System.
4. Complete this form at your State Meet and submit it to the meet director with payment. Checks should be made payable to NSGA.

Team Entry Form

Club Name: _____ USAG Club #: _____

Club Address: _____

City : _____ State: _____ Zip Code: _____

Contact Name: _____ Phone: _____

Contact Email: _____

Number of Bronze Athletes: _____

Number of Silver Athletes: _____

Number of Gold Athletes: _____

Number of Platinum Athletes: _____

Number of Diamond Athletes: _____

Total Number of Gymnasts Attending: _____

Total Number of Gymnasts Attending _____ x \$75.00 = _____

Paid with check #: _____



XCEL REGIONAL CHAMPIONSHIPS

Graduating Senior – 2019

Biography Information

Coaches: Please fill out the information below and submit this form with your team entry form at your State Meet. Special recognition will be given to all the graduation seniors during their competitive sessions.

Gymnasts Name: _____ Division: _____

Club Name: _____

Coached By: _____

Name of High School: _____ City: _____

School Honors: _____

Age Started Gymnastics: _____ Favorite Event: _____

Gymnastics Accomplishments: _____

Favorite Gymnastics Memory: _____

College Plans: _____

Planned Major: _____

Planned College Sports (if any): _____

2019 XCEL Regional Gymnastics Host Hotels

Millennium Minneapolis – 1313 Nicollet Mall; 612.332.6000

<https://res.windsurfercrs.com/ibe/details.aspx?propertyid=13527&nights=1&checkin=04/25/2019&group=1904GYMNAS>

Courtyard Minneapolis Downtown – 1500 Washington Avenue S; 612.333.4646

<https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=2019%20Region%20IV%20Xcel%20Regional%20Gymnastics%5Emspd%60xrgxrga%7Cxrgxrgb%7Cxrgxrgc%60149.00%60USD%60false%604%604/25/19%604/29/19%6003/28/2019&app=re>

Radisson Blu Minneapolis Downtown – 35 South Seventh Street; 612.339.4900

https://www.radissonblu.com/reservation/itineraryEntrance.do?pacLink=Y&promoCode=REGIVG&hotelCode=MPLS_DT

Marquette Hotel – 710 Marquette Avenue; 612.333.4545

https://secure3.hilton.com/en_US/qq/reservation/book.htm?execution=e1s1

Renaissance Minneapolis Hotel, The Depot - 225 3rd Avenue South; 612.375.1700